



PROGRAM

Warm Up Using skipping rope - skip for 5 minutes.



Step 1 Adjust pads so they are straight and slide the torso so the top of the pads are in line with your chin.

Step 2 Begin punching pads with alternate left and right cross punches for 1 minute.

Step 3 Rest for 1 minute, then repeat for 3 sets.



Step 4 Adjust pads so they are pointing down and slide the torso so the top of the pads are in line with your elbows.

Step 5 Begin punching pads with alternate left and right upper cut punches for 1 minute.

Step 6 Rest for 1 minute, then repeat for 3 sets.



Step 7 Slide the torso to the top and begin punching pads with alternate left and right cross punches for 1 minute.

Step 8 Rest for 1 minute, then repeat for 3 sets.

Step 9 Slide the torso to the bottom.

Step 10 Lay on the floor in a sit-up position with your knees bent and feet against the wall. Perform a sit-up and punch the left and right pads alternately. Return to the sit-up position on the floor and repeat 10 times.

Step 11 Rest for 30 seconds, then repeat for 3 sets.

NOTE: Adjust the time for each discipline to match your level of fitness. 30 seconds for beginners to 3 minutes for advanced.



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