

STEPS WITH SHADOW BOXING WEIGHT TRAINING

2 DAYS A WEEK

This workout can be performed on stairs, a single step, or on a stair machine.

2 Minutes - Stop and shadow box

5 Minutes - Steps

2 Minutes - Stop and shadow box

5 Minutes - Steps

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2 Minutes - Stop and shadow box

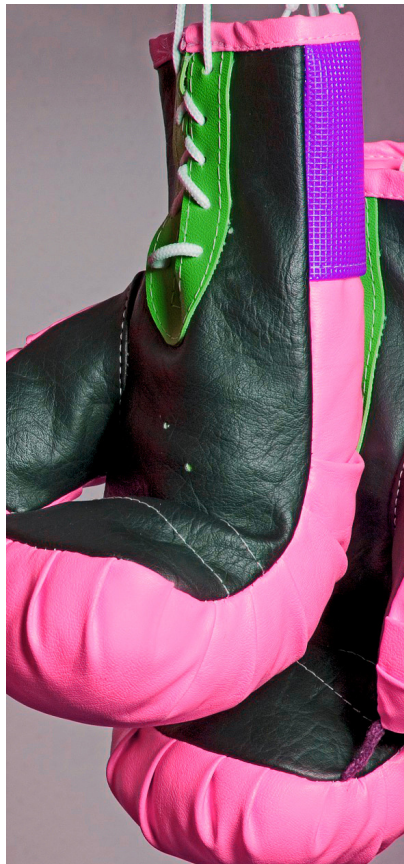
TRAINING

Bicep Curls

Stand with a weight in each hand. Keep your elbows close to your body and rotate your hands until your palms are facing forward. While keeping the upper arms in place by your sides, exhale and curl your forearms up while contracting your biceps.

Step-ups

Start by stepping onto the step/stair with your dominant foot. Straighten your knee to and on the step while bringing your other leg up so that your raised leg is at a 90-degree angle. Step back down and repeat with other leg..



Shadow Boxing

Place your dominant foot in front of you. Bend your knees slightly. Hold your fists up in front of your face, as if protecting it. Hold your core tight and begin to throw punches, one fist at a time, always returning your fist to in front of your face between throws. You can throw straight punches, hooks, upper-cuts, the choice of punch and combination is up to you. Throw them as hard and fast as you can.

BEXERCISE





No gym? No problem!

Make your own weights! 2-liter bottles filled with water = about 4.4lbs. Fill 2-liter bottles and put them into shopping bags to make easy to carry weights.

B **E** **X** **E** **R** **C** **I** **S** **E**