

WEEK 1.

THE ART OF HITTING

MONDAY

Warm up

Briefing

Weekly preview
Circuit

Core Destruction

TUESDAY

Warm up on bands
(rotation)

Skip rope

Jabs, Straight

Shadow Box

Shoulder & Back
Destruction

WEDNESDAY

Warrior Warm up

Shadow Boxing

Jab, Straight, Hook Kicks
& Teeps

Bag Work

Core Destruction

THURSDAY

“Roadwork”

Core Workout

Weekly Review
Circuit

Leg Destruction

WEEK II.

**FUN
DAM
ENTAL
BLOWS &
BLOCKS**

MONDAY

Warm up

Briefing

Weekly preview
Circuit

Core Destruction

TUESDAY

Warm up on bands
(rotation)

Skip rope

“Cover Counter”

Shadow Box

Shoulder & Back
Destruction

WEDNESDAY

Warrior Warm up

Shadow Boxing

Checking Kicks

Bag Work

Core Destruction

THURSDAY

“Roadwork”

Core Workout

Weekly Review
Circuit

Leg Destruction

WEEK III.

FUN DAM ENTAL FOOTWORK

MONDAY

Warm up

Briefing

Weekly preview
Circuit

Core Destruction

TUESDAY

Warm up on bands
(rotation)

Skip rope

“Anlges”

Shadow Box

Shoulder & Back
Destruction

WEDNESDAY

Warrior Warm up

Shadow Boxing

Footwork & Anlges
for Kickboxing

Bag Work

Core Destruction

THURSDAY

“Roadwork”

Core Workout

Weekly Review
Circuit

Leg Destruction

WEEK IV
ADVANCED
BLOWS & BLOCKS

MONDAY

Warm up

Briefing

Weekly preview
Circuit

Core Destruction

TUESDAY

Warm up
(rotation)

Skip rope

Hooks, Uppercuts

Shadow Box

Shoulder & Back
Destruction

WEDNESDAY

Warrior Warm up

Shadow Boxing

Side Kicks & Tricks

Kicking Shield Work

Core Destruction

THURSDAY

“Roadwork”

Core Workout

Weekly Review
Circuit

Leg Destruction

WEEK V.
ELEM
ENTS *OF*
ATTACK

MONDAY

Warm up

Briefing

Weekly preview
Circuit

Core Destruction

TUESDAY

Warm up on bands
(rotation)

Skip rope

Focus Mitt Work:
Boxing Basics

Shadow Box

Shoulder & Back
Destruction

WEDNESDAY

Warrior Warm up

Shadow Boxing

Focus Mitt Work:
KB Basics

Bag Work

Core Destruction

THURSDAY

“Roadwork”

Core Workout

Weekly Review
Circuit

Leg Destruction

WEEK VI.

ELEMENTS OF DEFENSE

MONDAY

Warm up

Briefing

Weekly preview
Circuit

Core Destruction

TUESDAY

Warm up on bands
(rotation)

“ANNIE”

“Roll Over Drill”

Shadow Box

Shoulder & Back
Destruction

WEDNESDAY

Warrior Warm up

Shadow Boxing

“ Kick Counters”

Bag Work

Core Destruction

THURSDAY

“Roadwork”

Core Workout

Weekly Review
Circuit

Leg Destruction