

CONFIDENTIAL AND PROPRIETARY

Kick Boxing 30

Warmup 5 minutes (30 seconds each)

- Jab-Cross (J-C) straight for 4, down for 4
- Hooks (H) Left for 4, Right for 4
- Upper cuts (UC) L x 4, R x 4
- Split foot jumps with J-C punches
- Corner punches
- Opposite corner punches
- Straight Kicks L x 4, R x 4
- Turn and punch, jump up, turn and punch other way
 - Modification: no jump
- Punch jacks (jumping jacks with punches straight forward)
- Knees L x 4, R x 4

Stretch 4 mins

- 30 seconds alternating front lunges with Jab-Cross after you lunge
- 30 seconds side lunges
- 30 seconds prisoner squats
- 30 seconds hip circles
- 30 seconds windmills
- 30 seconds arm circles
- 30 seconds opposite arm circles
- 30 seconds quad stretch - 15 seconds each side

* 30 Second Rest*

Each Round is 3 minutes. Do each combo, then switch stance and repeat combos

Round 1

- J-C with fast feet – 20 seconds,
- J-C with high knees – 10 seconds
- J-C, H-H switch your feet – 30 seconds
- J-C, U-U switch – 30 seconds

Active Rest

- 15 seconds of jumping jacks
 - Modification: rest for entire 30 seconds
- 15 seconds of rest

Round 2

- Alternating Knees x 4, hook, hook – 45 seconds
- Just knees – 15 seconds
- Rear kick – 30 seconds

Active Rest

- 15 seconds of jumping jacks
 - Modification: rest for entire 30 seconds
- 15 seconds of rest

Round 3

- R kick x 2, J-C, H – 45 seconds
- U-U-H-H – 30 seconds
- Sit in a Squat with J-C – 15 seconds

Active Rest

- 15 seconds of jumping jacks
 - Modification: rest for entire 30 seconds
- 15 seconds of rest

Round 4

- J-C – 15 Seconds

- H – 15 seconds
- UC – 15 seconds
- Knees – 15 seconds
- Kicks – 15 seconds
- One of everything: J-C-H-H-U-U-KN-KN-KI, KI – 15 Seconds

Active Rest

- 15 seconds of jumping jacks
 - Modification: rest for entire 30 seconds
- 15 seconds of rest

Round 5 - Strength (each exercise 1x then repeat all exercises again)

- Pushups – 30 seconds
- Plank step through – 30 seconds
- Bicycle crunches – 30 seconds

Active Rest

- 15 seconds of jumping jacks
 - Modification: rest for entire 30 seconds
- 15 seconds of rest

Cool down - stretch for 2 minutes

Total Time: 28:30 minutes

Technique Instruction

Stance - you should stand with your weak leg forward, toes facing your imaginary opponent. your rear foot (strong foot, i.e., right if you are a righty, left if you are lefty) should be out wide, toes at a 45 degree angle. The best way to find the correct position is to

find a line. Stand shoulder width apart. Both toes on right up to the line. Step your strong foot in front of the line so your strong leg's heel is now on the line. Then turn your weak leg's toes forward. Bend your knees put your arms in front. Elbows in, hands up.

Punches

- * **Jab-Cross** - straight punches. Jab is lead hand (for righties, this is your left hand). Cross is your rear hand.
- * **Hooks** - arms should be held at 90 degree angle (if someone put a plate on your elbow, it would not fall to ground. Essentially you make a shelf with your arm). Twist your core to punch, don't roll your shoulder.
- * **Upper Cuts** - hold elbows tight and close to hip, bend knees, punch up. Your arm becomes a shovel, and you use your arm to dig. Think punching someone's belly.
- * **Knees** - starting with both arms in front of belly, pull them back bringing elbows close to your side as you raise knee. Core should contract as knee comes up.
- * **Kicks** - lift knee in air, then kick leg forward. Kicking arm drops as you kick. Opposite arm comes up.

Rolls

To Roll, make a "U" with your body. It is like a moving squat. Imagine rolling under a rope that is tied in front of your nose. You bend your knees and duck under the rope.

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