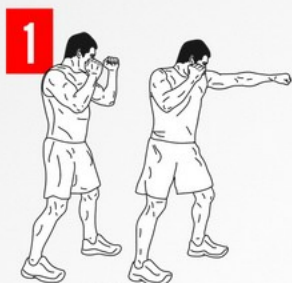
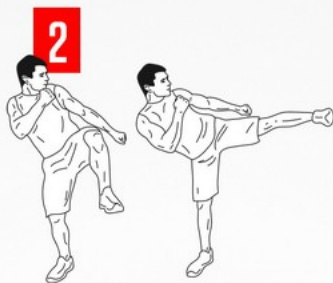




Day 1 | Practice



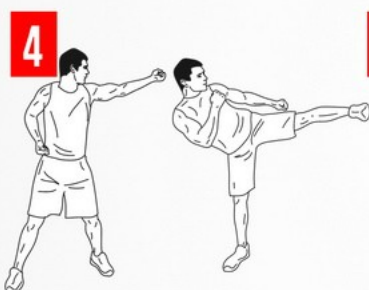
1
100 punches



2
40 side kicks



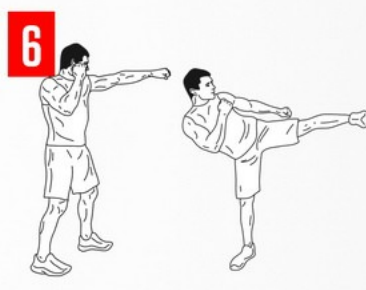
3
40 turning kicks



4
40 backfist + side kicks



5
40 backfist + turning kick

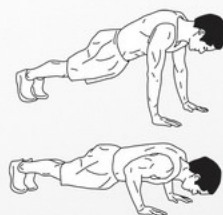


6
40 double punch + side kick

filler
between
each exercise



10 bounces

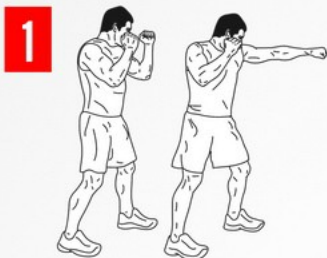


5 push-ups



Day 2 | Speed

1 minute each | as fast as possible
1 minute break between exercises



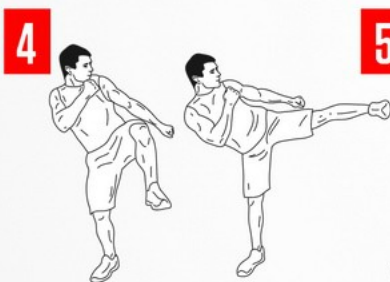
punches



turning kicks



hooks



side kicks



uppercuts



front snap kicks



elbow strikes



knee strikes



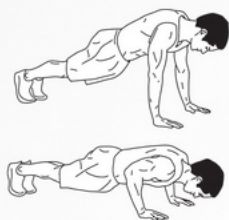
double punch + elbow strike



Day 3 | Power

Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



10 push-ups

2



10 squats

4



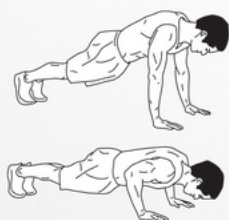
10 push-up + double punch

3



10 squat + front snap kick

5



5 push-ups

6

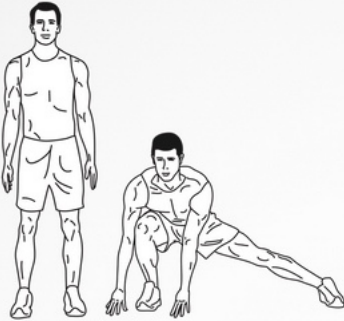


5 squats



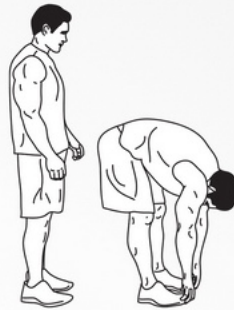
Day 4 | Van Damme Tribute Stretching

1



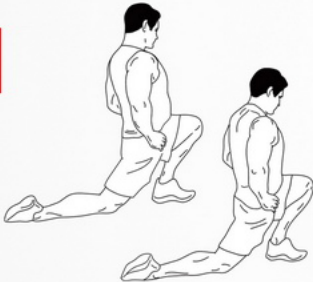
40 side lunge stretch

2



20 standing toe

3



40 deep lunge

4



60 hamstring stretch

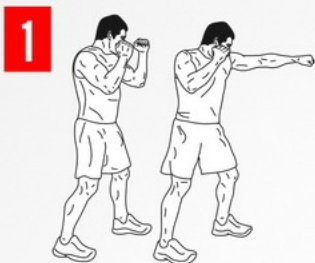
FINISH

2 minute
side split
feet as far apart
as possible

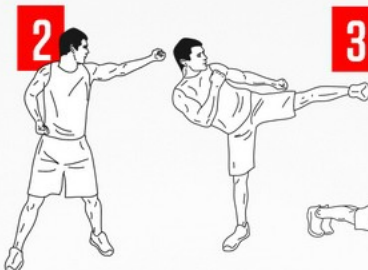




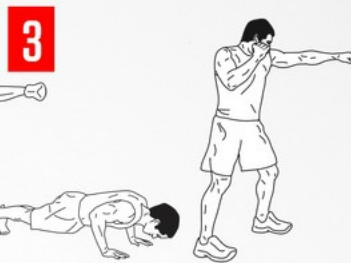
Day 5 | Practice



120 punches



80 backfist + sidekick



20 push-up + double punch



80 sidekick

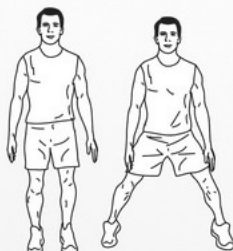


80 front snap kick

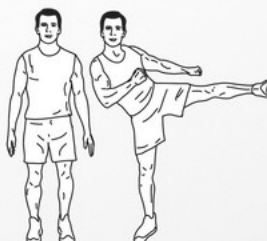


80 double turning kick

filler
between
each exercise



20 half jacks



20 side leg raises

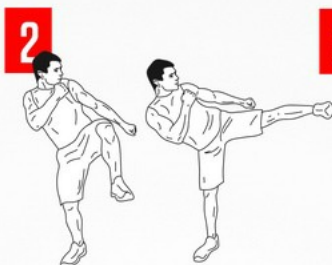


Day 6 | Speed

1 minute each | as fast as possible
1 minute break between exercises



backfists



side kicks



front snap kicks



double-turning kicks



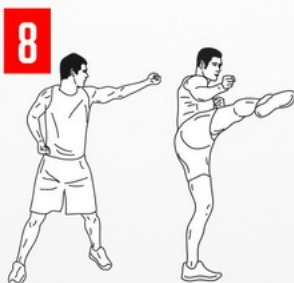
punches



side kick + backfist



hooks



backfist + turning kick

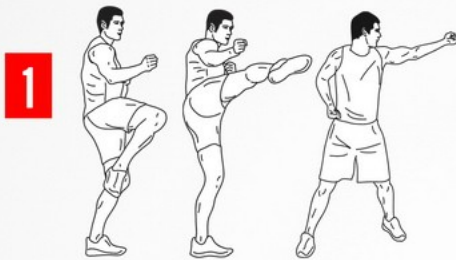


jab + hook

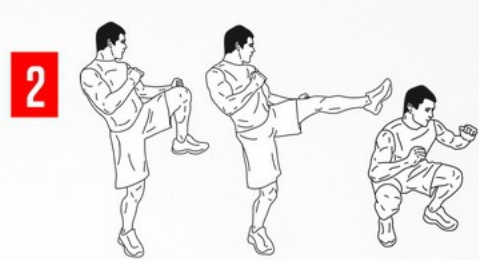


Day 7 | Jet Li Tribute

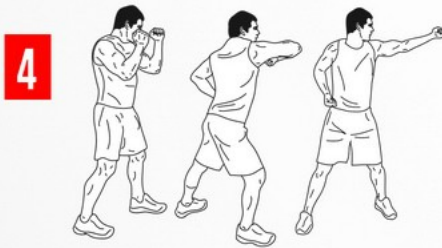
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets



20 turning kick + backfist



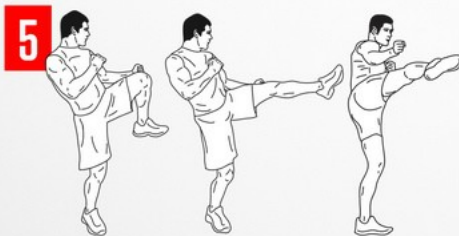
20 front snap kick + squat



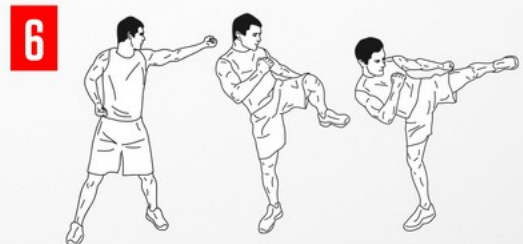
20 elbow strike + backfist



20 side kick + backfist



20 front snap kick + turning kick



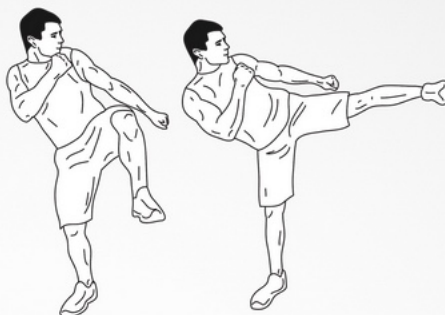
20 double backfist + hook kick



Day 8 | Balance

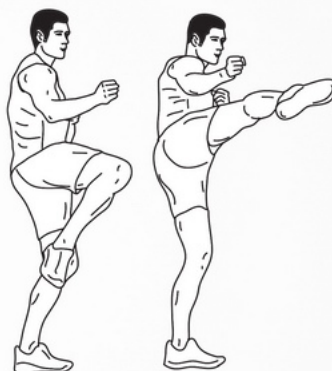
1

8 each side + 16 in total
slow side kicks on one leg



2

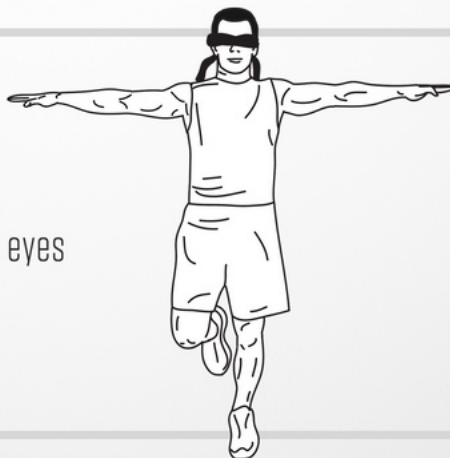
8 each side + 16 in total
slow turning kicks on one leg



FINISH

blindfold
stand on one leg,
arms out to sides
– then close your eyes
(or use blindfold)

60 seconds





Day 9 | Power

Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



10 push-ups + double punches

2



20 squat + side kick

4



20 squat + backfist

3



10 push-up + side kick

5



20 squat + front snap kick

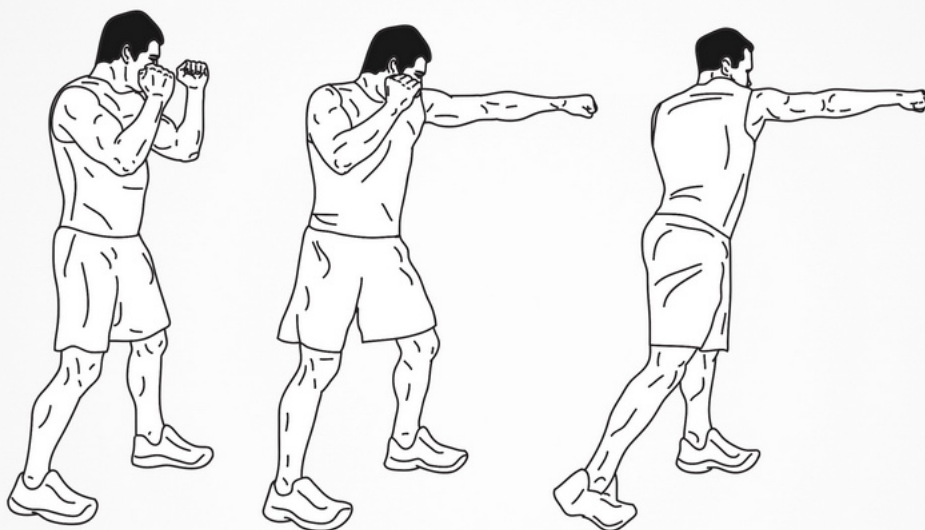
6



10 push-up + backfist



Day 10 | Challenge



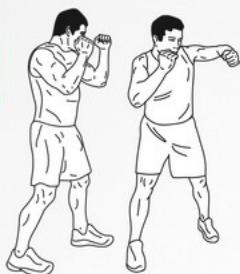
1,000 punches

complete a total of 1,000 punches
by the end of the day



Day 11 | Close Contact

1



80 hooks

2



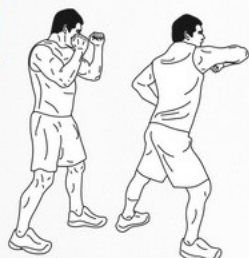
40 uppercuts

3



80 knee strikes

4



40 elbow strikes

5



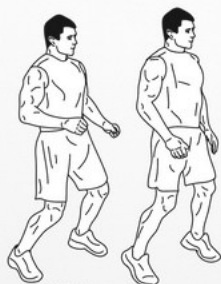
80 knee strike + elbow strike

6

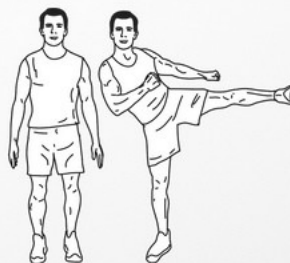


80 knee strike + hook

filler
between
each exercise



40 bounces

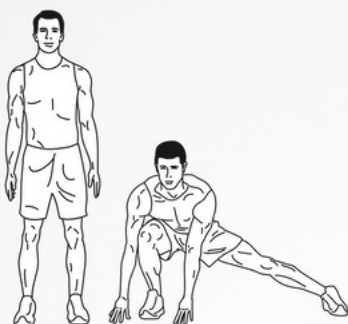


40 side leg raises



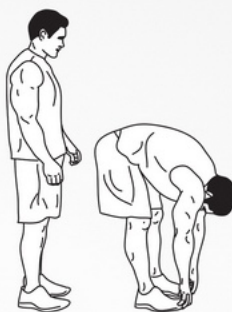
Day 12 | Stretching

1



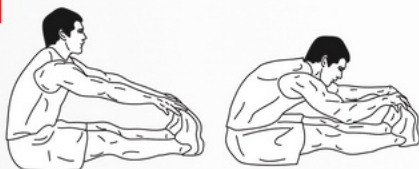
60 side lunge stretch

2



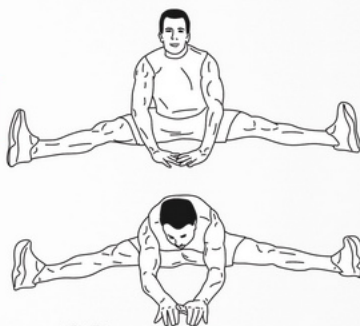
20 standing toe

3



60 hamstring stretch

4



20 forward bend

FINISH

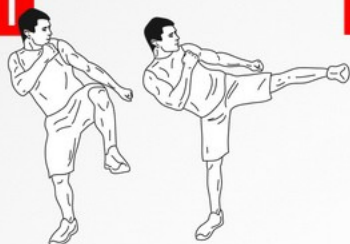
2 minute
side split
feet as far apart
as possible





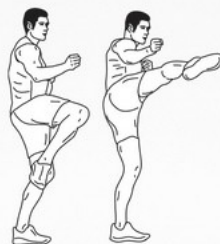
Day 13 | Practice

1



40 side kicks

2



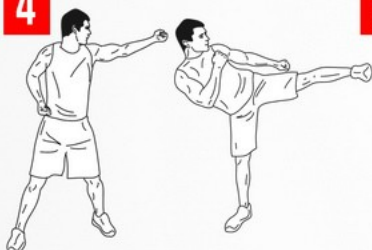
40 turning kicks

3



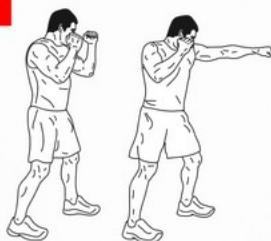
40 front snap kicks

4



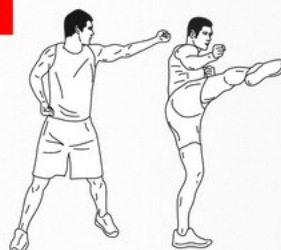
40 backfist + side kick

5



60 punches

6

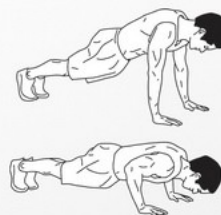


40 backfist + turning kick

filler
between
each exercise



10 double bounce squat

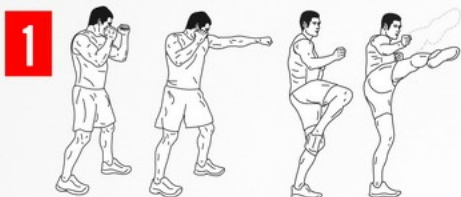


10 push-ups

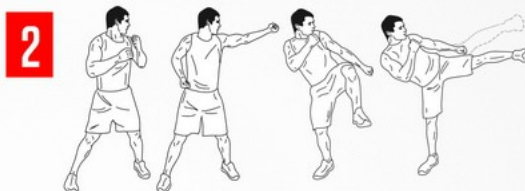


Day 14 | Chuck Norris Tribute

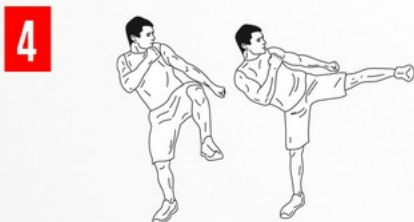
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets



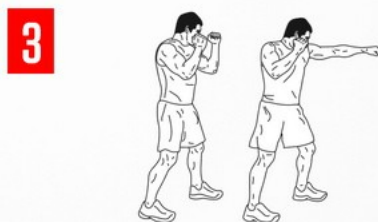
20 triple punch + double turning kick
(mid-high)



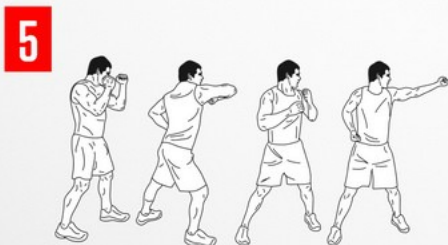
20 backfist + double side kick
(mid-high)



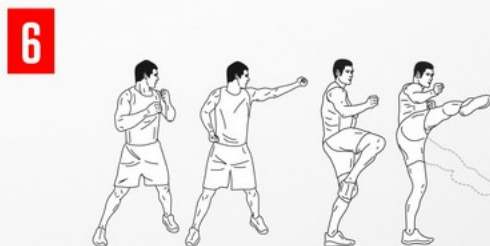
40 double side kick



40 double punch (mid/high)



20 elbow strike + backfist



20 backfist + double turning kick (low/mid)



Day 15 | Power

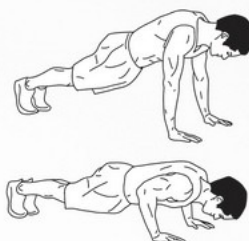
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



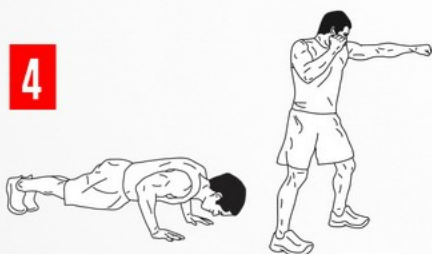
40 squats

2



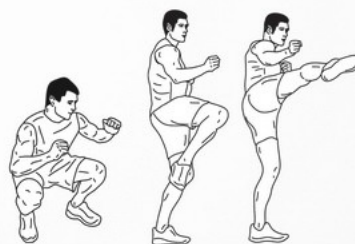
20 push-ups

4



10 push-up + double punch

3



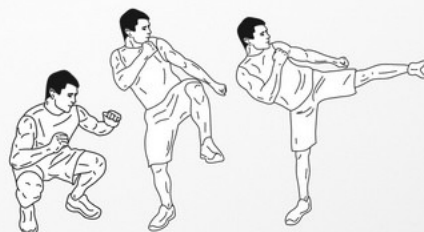
10 squat + turning kick

5



20 push-up + uppercut

6



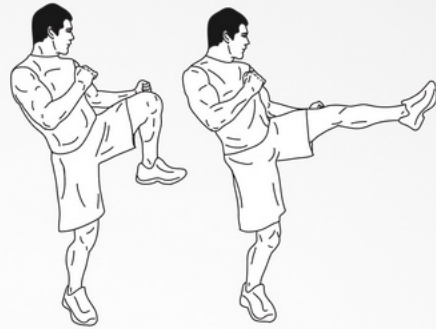
20 squat + side kick



Day 16 | Balance

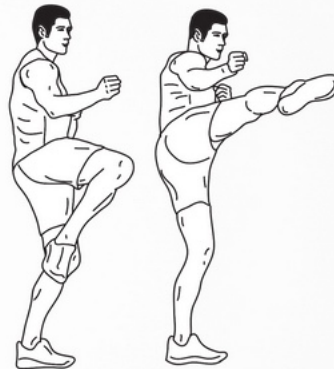
1

10 each side + 20 in total
slow front snap kick



2

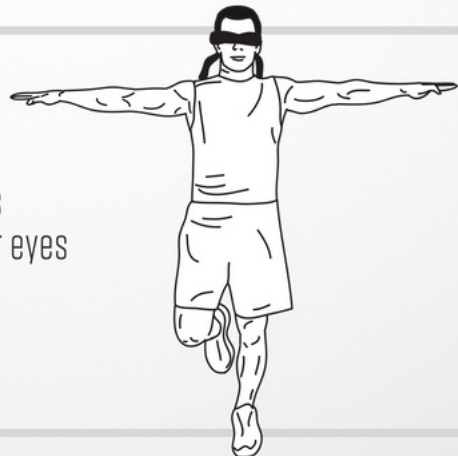
10 each side + 20 in total
slow turning kicks on one leg (high)



FINISH

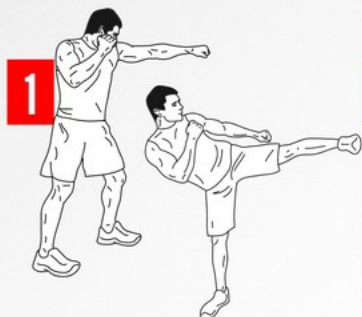
blindfold
stand on one leg,
arms out to sides
– then close your eyes
(or use blindfold)

60 seconds

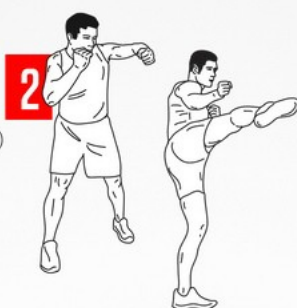




Day 17 | Practice



1
80 double punch + side kick



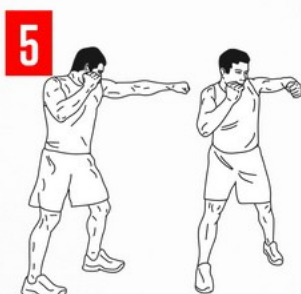
2
40 hook + turning kick



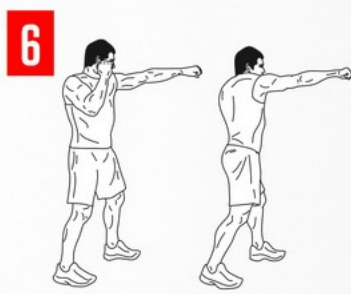
3
80 backfist + side kick



4
60 double side kick



5
80 punch + hook

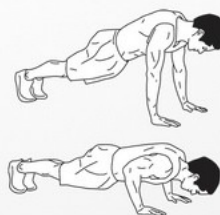


6
80 jab + cross punch

filler
between
each exercise



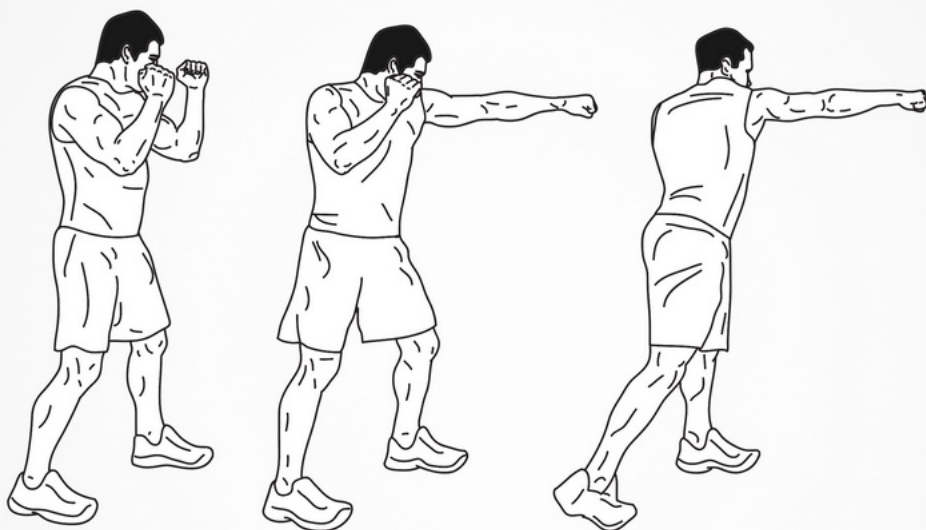
20 high knees



10 push-ups



Day 18 | Challenge



2,000 punches

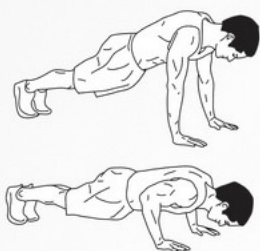
complete a total of 2,000 punches
by the end of the day



Day 19 | Endurance

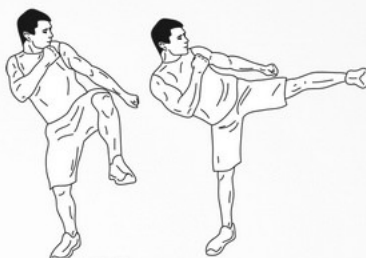
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



10 push-ups

2



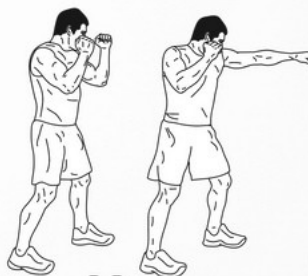
20 side kicks

4



10 squats

3



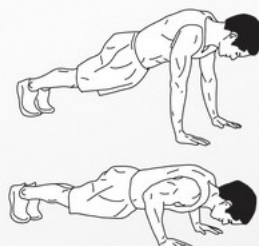
20 punches

5



10 squats

6

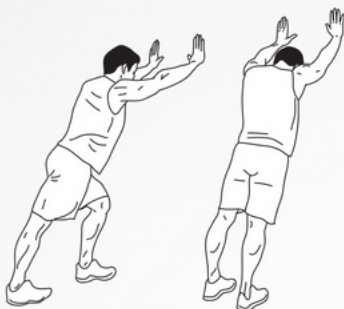


10 push-ups



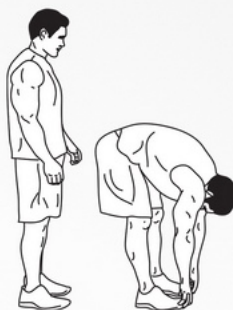
Day 20 | Stretching

1



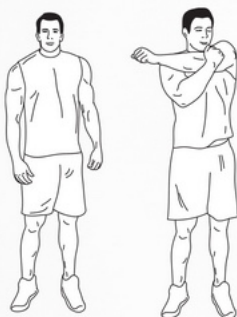
20 calves stretch

2



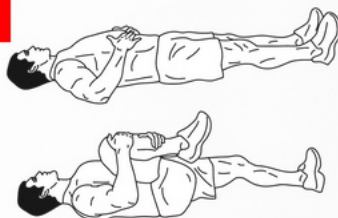
20 standing toe

3



20 shoulder stretch

4



20 knee to chest stretch

FINISH

2 minute
side split
feet as far apart
as possible

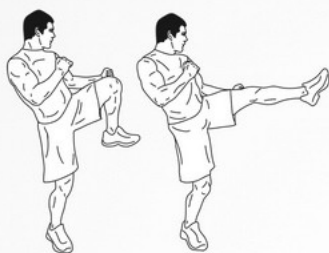




Day 21 | Jackie Chan Tribute

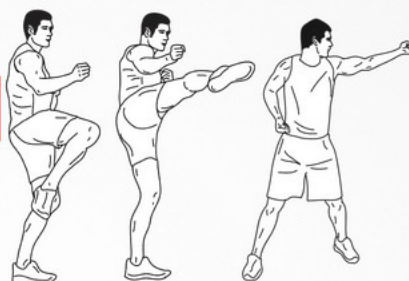
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



40 front snap kick

2



40 low turning kick + backfist

4



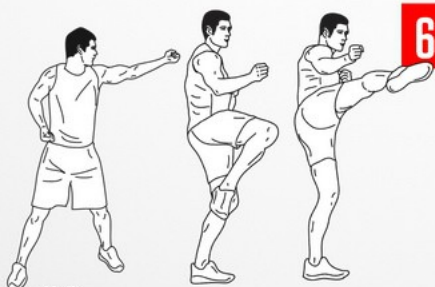
40 double turning kick

3



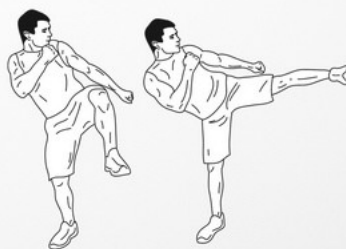
40 double front snap kick (low/high)

5



20 backfist + turning kick

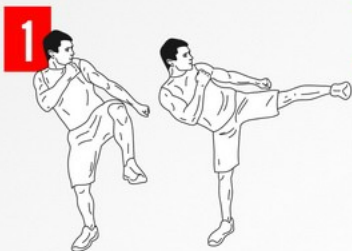
6



40 side kicks



Day 22 | Practice



100 side kicks



80 front snap kicks



40 hook kicks



60 squat + backfist



40 squat + side kick

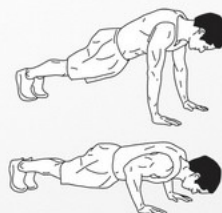


100 turning kicks

filler
between
each exercise



40 bounces



10 push-ups



Day 23 | Fists of Fury

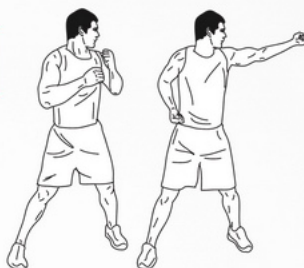
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



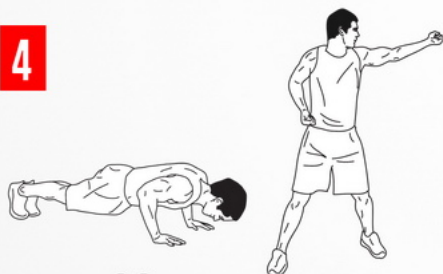
100 speed bag punches

2



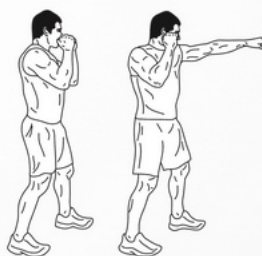
20 backfist

4



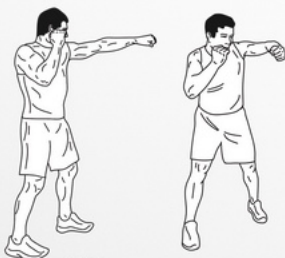
20 push-up + backfist

3



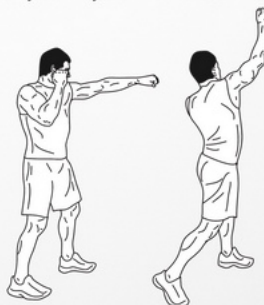
40 jab + jab + cross

5



40 jab + hook

6



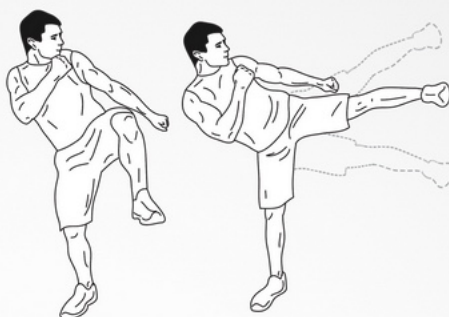
40 jab + uppercut



Day 24 | Balance

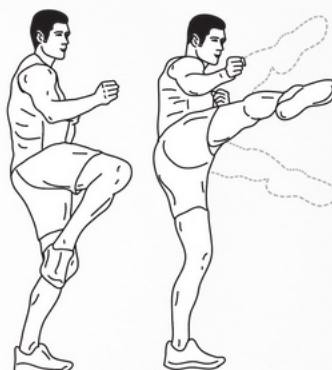
1

10 each side + 20 in total
slow side kicks on one leg
(low/high/low/high)



2

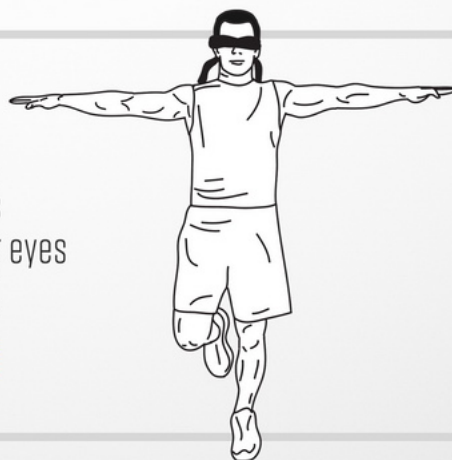
10 each side + 20 in total
slow turning kicks on one leg
(low/high/low)



FINISH

blindfold
stand on one leg,
arms out to sides
– then close your eyes
(or use blindfold)

60 seconds



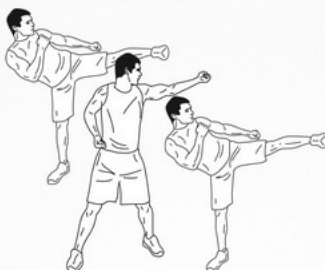


Day 25 | The Great Combo 60 reps each

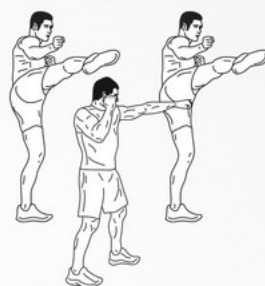
1 backfist +
side kick +
backfist



2 side kick +
backfist +
side kick



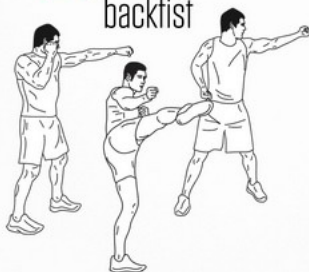
3 turning kick +
punch +
turning kick



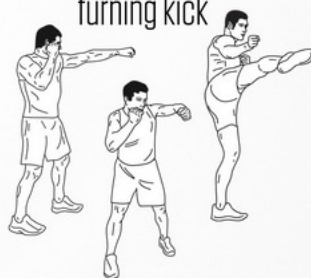
4 front snap kick +
side kick



5 triple punch +
turning kick +
backfist



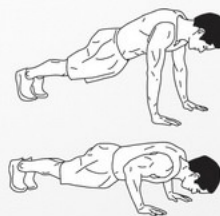
6 jab +
hook +
turning kick



filler
between
each exercise



10 double bounce squats



10 push-ups



Day 26 | Speed

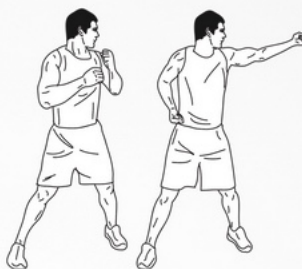
1 minute each | as fast as possible
1 minute break between exercises

1



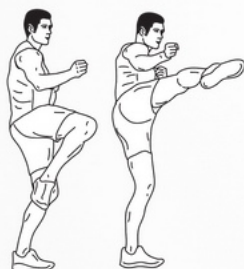
speed bag punches

2



backfists

4



turning kicks

3



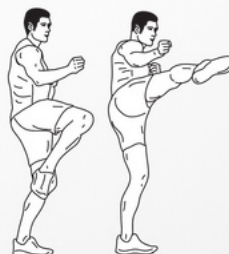
side kicks

5



front snap kicks

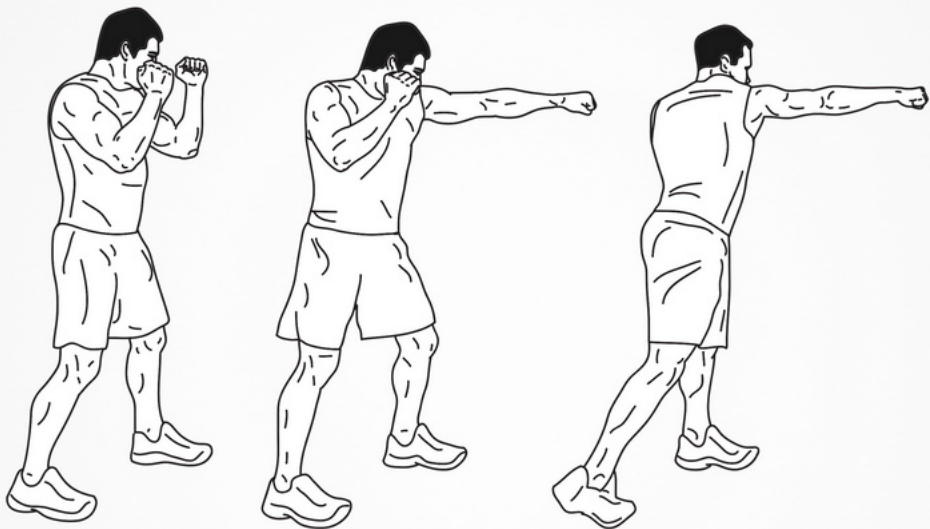
6



turning kicks (high/low)



Day 27 | Challenge



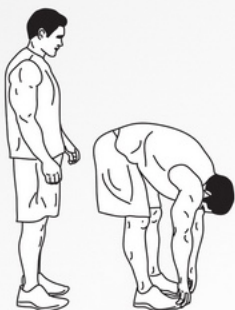
3,000 punches

complete a total of 3,000 punches
by the end of the day



Day 28 | Stretching

1



20 standing toes

2



20 deep lunges

3



40 forward bend

4



60 hamstring stretch

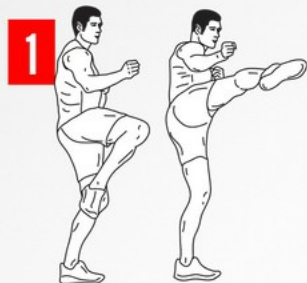
FINISH

2 minute
side split
feet as far apart
as possible

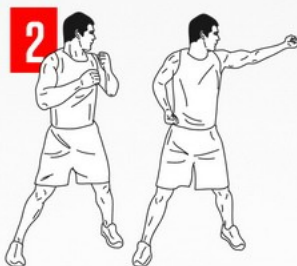




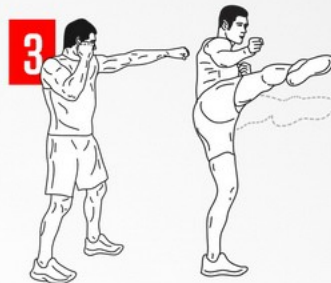
Day 29 | Practice



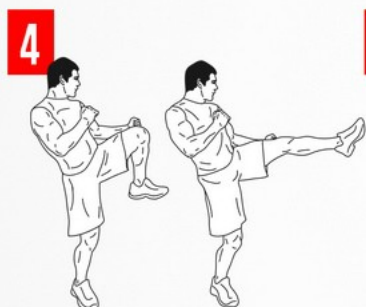
100 double turning kick



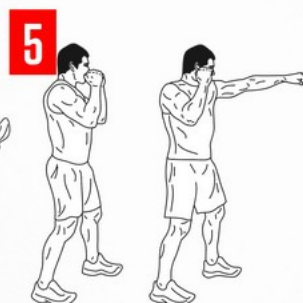
120 backfist



40 triple punch + double turning kick
(low/high)



80 front snap kicks



100 double punches

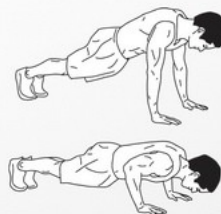


40 squat + side kick

filler
between
each exercise



40 bounce



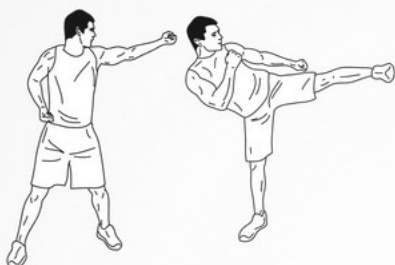
15 push-ups



Day 30 | Bruce Lee Tribute

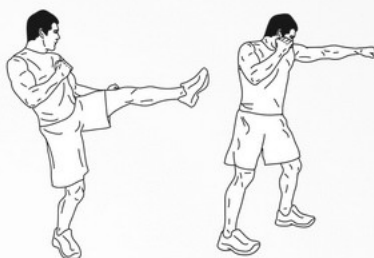
Level I 5 sets **Level II** 7 sets **Level III** 10 sets
up to 2 minutes rest between sets

1



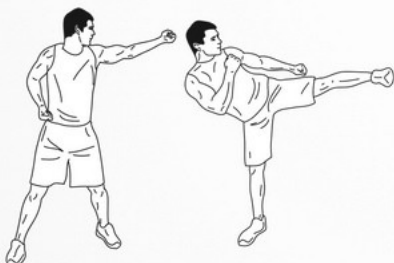
40 backfist + sidekick

2



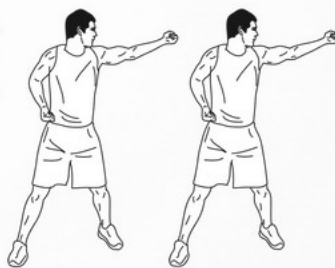
40 front snap kick + double punch

4



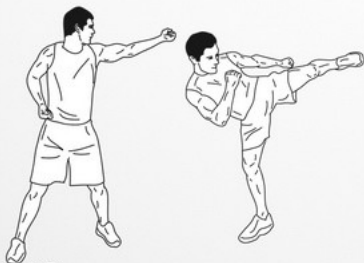
40 backfist + double side kick

3



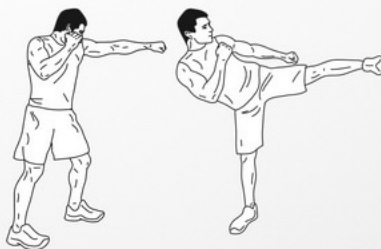
40 backfist + backfist

5



40 backfist + hook kick

6



40 triple jab + side kick