



# Sports de Combat



- 1) 3 Circuits Explosivité \_\_\_\_\_ 1
- 2) Prévenir blessures & Échauffements \_ 5
- 3) Renforcement musculaire \_\_\_\_\_ 8
- 4) 5 Circuits types \_\_\_\_\_ 12
- 5) 30 Circuits « Poings » \_\_\_\_\_ 17
- 6) 30 Circuits « Pieds-Poings » \_\_\_\_\_ 46

# 1) Programme Explosivité Avec ou Sans Matériel (3 circuits)

Ces 4 circuits sont plus particulièrement conseillés pour les personnes qui veulent améliorer leur explosivité. Qualité indispensable dans tous les sports collectifs et dans les sports de combats, il s'agira de travailler aussi bien le haut que le bas du corps.

Chaque circuit, avec ou sans matériel, comprend des exercices de tous les muscles du corps :

- ✓ Cuisses (Quadriceps / Ischios) & Fessiers.
- ✓ Pectoraux & Triceps.
- ✓ Dos & Biceps.
- ✓ Epaulles.

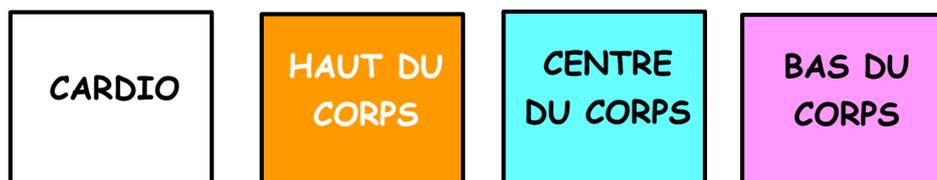
Un exercice est parfois à réaliser selon 1, 2 ou 3 variantes de difficultés et chacun est à exécuter selon 3 niveaux :

- **Circuit vert** = Niveau facile. Il peut servir également de tour d'échauffement.
- **Circuit bleu** = Niveau moyen.
- **Circuit rouge** = Niveau confirmé.

Nombre de répétition à faire d'un exercice...

20  
10  
5

Identification des fonds en couleur pour la partie du corps travaillée :



## Entraînement dans l'idéal :

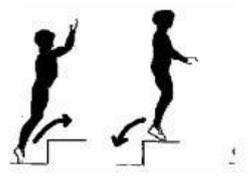
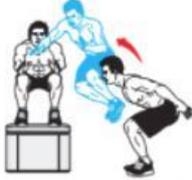
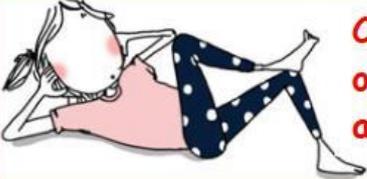
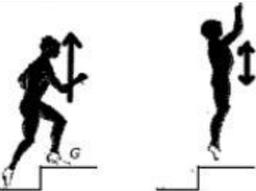
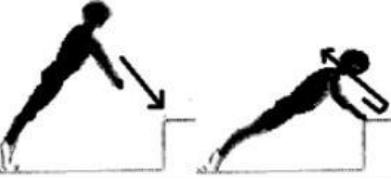
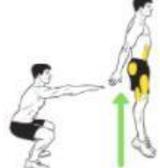
Sur un circuit, entre chaque exercice, vous pouvez enchaîner sans pause ou marquer 5 à 10 secondes de récupération.

Refaites 5 à 6 fois le même circuit pour arriver à 1 heure d'effort physique.

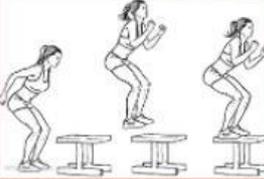
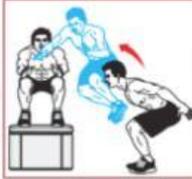
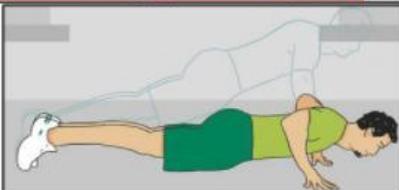
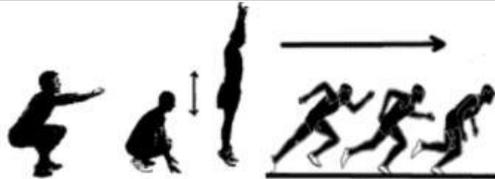
Refaites 2 à 3 fois le même circuit pour arriver à 1 heure d'effort physique.

Avant de commencer les circuits, échauffez-vous !  
Pour cela, suivez d'abord le parcours vert à 50 %  
de vos possibilités et sans trop fléchir sur vos appuis  
ni trop contracter les différents muscles ! 😊

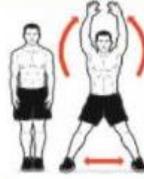
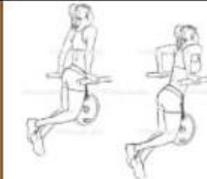
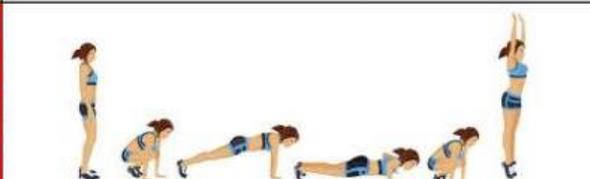
# Circuit Explosivité Sans Matériel

N°	EXOS		Circuit EXPLOSIVITÉ	VARIANTE	REP'
1	4 exos à Enchaîner	CARDIO	 <p style="color: red; font-weight: bold;">Mvts rapides</p>	Sur ces 4 exos, faire 50 reps de chacun.	200
2	SAUT Sur Muret		 <p style="color: red; font-weight: bold;">Enchaînement immédiat entre la réception et la nouvelle impulsion (sans sursaut).</p>	<p style="color: red; font-weight: bold;">Très dur</p> 	16 8 4
3	ABDOS		 <p style="color: red; font-weight: bold;">Coude genou opposé en alternance.</p>	<p style="color: red; font-weight: bold;">En position debout</p> 	20 12 6
4	FENTES Alternées Sautées	CARDIO	 <p style="color: red; font-weight: bold;">En progressant, saut très haut et flexion très basse.</p>		20 8 4
5	Trapèzes		 <p style="color: red; font-weight: bold;">Avec bouteilles d'eau : Descente contrôlée mais montée très rapide !</p>		16 8 4
6	Impulsion alternée Sur Muret		 <p style="color: red; font-weight: bold;">En position haute un seul pied sera posé car un croisé de jambes est effectué en l'air.</p>		8 6 2
7	POMPES Inclinées		 <p style="color: red; font-weight: bold;">Amortir la chute puis repousser très fort pour se retrouver en position verticale.</p>		12 6 2
8	SQUAT JUMP		 <ul style="list-style-type: none"> <li>- Dos droit</li> <li>- Retombée sur les pointes de pied</li> <li>- Position de squat au sol</li> </ul>	Minis-Sauts	15 10 5
9	TRICEPS Au sol ou mur		 <p style="color: red; font-weight: bold;">Descente contrôlée mais montée très rapide !</p>		20 10 6
10+	Flexion Sprint	COMPLET	 <p style="color: red; font-weight: bold;">1. Maintien 10" en squat 2. Burpees nombre = 3. Sprint sur 10 mètres.</p>		16 8 4

# Circuit Explosivité Avec Matériels

N°	EXOS	Circuit EXPLOSIVITÉ Avec Matériels	REP'
1	4 exos à Enchaîner	 <p style="color: red; font-weight: bold; text-align: center;">Mvts rapides</p>	<p style="color: red; font-weight: bold;">Sur ces 4 exos, faire 50 reps de chacun.</p> <p style="font-size: 2em; font-weight: bold; color: white;">200</p>
2	BICEPS	 <p style="color: red; font-weight: bold; text-align: center;">À chaque rep', monter en contraction rapidement puis contrôler la descente</p>	<p style="background-color: #ff0000; color: white; padding: 2px;">12</p> <p style="background-color: #0000ff; color: white; padding: 2px;">6</p> <p style="background-color: #90ee90; padding: 2px;">3</p>
3	Épaules & Punch		<p style="background-color: #ff0000; color: white; padding: 2px;">16</p> <p style="background-color: #0000ff; color: white; padding: 2px;">8</p> <p style="background-color: #90ee90; padding: 2px;">4</p>
4	SQUAT Box	 <p style="color: red; font-weight: bold; text-align: center;">Sauts avant arrière sans arrêt</p> <p style="color: red; font-weight: bold; text-align: center;">Attention aux risques de chutes</p> 	<p style="background-color: #ff0000; color: white; padding: 2px;">15</p> <p style="background-color: #0000ff; color: white; padding: 2px;">10</p> <p style="background-color: #90ee90; padding: 2px;">5</p>
5	DOS	 <p style="color: red; font-weight: bold; text-align: center;">Montez le plus vite possible, en explosivité puis descente très lente.</p>	<p style="background-color: #ff0000; color: white; padding: 2px;">12</p> <p style="background-color: #0000ff; color: white; padding: 2px;">6</p> <p style="background-color: #90ee90; padding: 2px;">2</p>
6	GENOUX POITRINE		<p style="background-color: #ff0000; color: white; padding: 2px;">16</p> <p style="background-color: #0000ff; color: white; padding: 2px;">8</p> <p style="background-color: #90ee90; padding: 2px;">4</p>
7	POMPES Inclinaées	 <p style="color: red; font-weight: bold; text-align: center;">Amortir la chute puis repousser très fort pour se retrouver en position verticale.</p>	<p style="background-color: #ff0000; color: white; padding: 2px;">12</p> <p style="background-color: #0000ff; color: white; padding: 2px;">8</p> <p style="background-color: #90ee90; padding: 2px;">4</p>
8	SQUAT Sauts Step	 <p style="color: red; font-weight: bold; text-align: center;">Garder le dos bien droit !</p>	<p style="background-color: #ff0000; color: white; padding: 2px;">20</p> <p style="background-color: #0000ff; color: white; padding: 2px;">12</p> <p style="background-color: #90ee90; padding: 2px;">6</p>
9	Pompes Sur bout Doigts		<p style="background-color: #ff0000; color: white; padding: 2px;">12</p> <p style="background-color: #0000ff; color: white; padding: 2px;">6</p> <p style="background-color: #90ee90; padding: 2px;">2</p>
10+	Flexion Sprint	 <p style="color: red; font-weight: bold; text-align: center;">                 1. Maintien 10" en squat                  2. Burpees nombre =                  3. Sprint sur 10 mètres.             </p>	<p style="background-color: #ff0000; color: white; padding: 2px;">20</p> <p style="background-color: #0000ff; color: white; padding: 2px;">12</p> <p style="background-color: #90ee90; padding: 2px;">2</p>

# Circuit Cardio-Explosivité & Renfo Musculaires

N°	EXOS	CIRCUIT ENDURANCE 55 min	TPS/REP
<p>Attention de bien respecter l'ordre des numéros d'exercices indiqués ci-dessous !</p> <p><b>1 4 7</b></p> <p>Exemple : Le N°1 comprend le block des 4 exercices</p>	<p><b>JUMPING-JACK</b></p> <p><b>1 7 14</b></p>		1'
	<p><b>GENOUX POITRINE</b></p> <p><b>2 8 15</b></p>		1'
	<p><b>TALONS FESSES</b></p> <p><b>3 9 16</b></p>		1'
	<p><b>BOXING STEPPING</b></p> <p>De face ou vers Le haut</p> <p><b>4 10 17</b></p>	<p style="color: red; font-weight: bold; font-size: 1.2em;">OU</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Mvts rapides</p> <p>Synchroniser les mouvements de jambes avec les bras, façon STEP</p> 	1'
<p>Donc si on reprend tous les exos un à un, ça va de 1 à 20</p>	<p><b>2 BURPEES</b></p> <p><b>5</b></p> <p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; color: red;">COMPLET</p>		20
	<p><b>3 COURIR</b></p> <p><b>6</b></p>		10'
	<p><b>5 POMPES</b></p> <p><b>11</b></p>	<p style="color: red; font-weight: bold; font-size: 1.2em;">OU</p> 	20
	<p><b>Triceps sur DIPS</b></p> <p><b>12</b></p>	 <p style="color: red; font-weight: bold; font-size: 1.2em;">Monter à fond mais descendre bras angle droit, pas davantage !</p>	20
	<p><b>6 COURIR</b></p> <p><b>13</b></p>		10'
<p><b>8 CLIMBERS</b></p> <p><b>18</b></p>		20	
<p><b>BURPEES</b></p> <p><b>19</b></p> <p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; color: red;">COMPLET</p>		20	
<p><b>9 COURIR</b></p> <p><b>20</b></p>		10'	

## 2) Sports de Combat

En boxe et dans les sports de contact en général, les lésions cérébrales ne sont pas rares. Leur accumulation peut vous exposer à de graves séquelles. C'est donc la première chose à surveiller après une chute ou un coup à la tête.

### Prise en charge en ostéopathie, quels troubles organiques et fonctionnels ?

Nous détaillerons uniquement les troubles fonctionnels que nous pouvons retrouver dans notre prise en charge ostéopathique.

Selon l'INSEP, les statistiques sont claires, en Boxe Française, on retrouve comme principaux motifs de consultation ceux locomoteur, ORL puis dermato. Concernant les motifs de consultation locomoteurs, on retrouve d'abord les pathologies articulaires, puis musculaire et enfin tendineuse et ligamentaire :

- 56 % de motifs du membre inférieur (MI) c'est-à-dire genou/cheville puis cuisse, pied puis hanche.
- 30% MS membre supérieur : d'abord la main puis l'épaule.
- 11% rachis.
- Thorax puis crane.

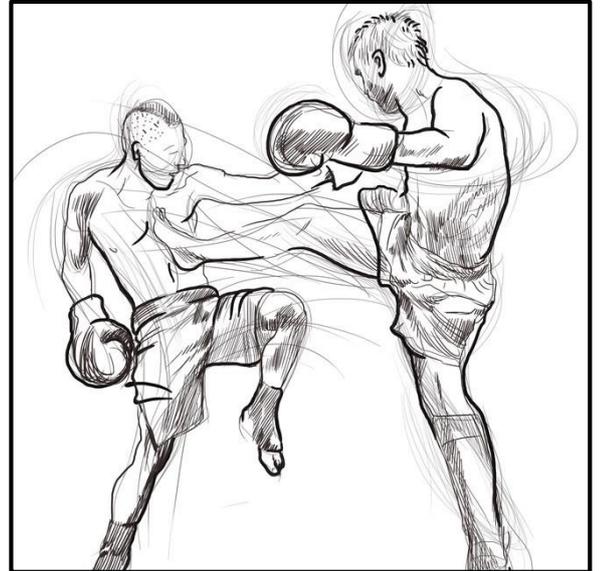
Parmi ces motifs de consultations, il faudra savoir reconnaître les pathologies traumatiques dites organiques de celles fonctionnelles pour pouvoir réorienter correctement notre patient et lui administrer les meilleurs soins.

Voici un listing des pathologies organiques et fonctionnelles que nous pouvons retrouver chez le boxeur :

Traumatismes maxillo-faciaux : à réorienter

- Epistaxis.
- Fracture du nez.
- Contusion.
- Érosions et plaies du visage (se méfier des fractures du plancher sous-orbital et des fractures dentaires).
- Tous les risques ophtalmologiques comme accident de l'orbite.

Source : Traumatologie des sports de combat M. Egoumenides.



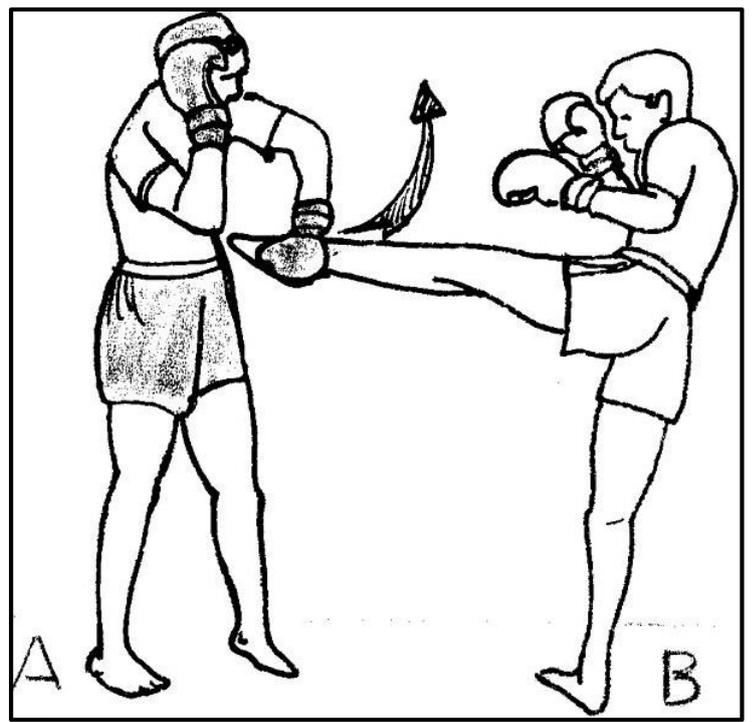
## Prévenir plutôt que guérir.

Afin d'éviter au maximum d'être blessé, outre s'échauffer, il est important de bien travailler sa défense et d'apprendre à « prendre les coups ». Au judo, on apprend à tomber sans se faire mal, à la boxe, on apprend à diriger les coups vers les zones moins fragiles (poings, épaules, bras...).

Enfin, comme pour tout sport, les luxations et courbatures sont monnaie courante : pensez à l'échauffement !

Pour prévenir ses blessures, il faut renforcer tout le bas du corps, certes, mais il est également important **de gagner en punch**, pas seulement pour essayer de porter des coups « fatals » et remporter la victoire mais aussi **pour pouvoir réagir rapidement aux coups de l'adversaire et savoir dévier ceux-ci vers des zones moins fragiles que la tête et le foie !**

Voir renforcements pour bas du corps et le dos page



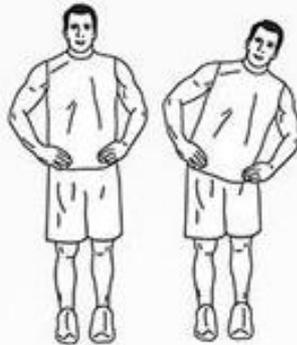
Echauffements :

# FIGHTER'S WARMUP

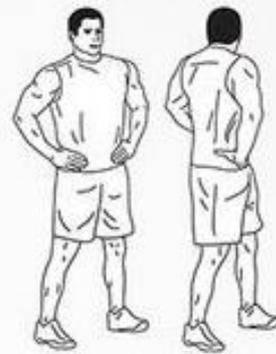
10 REPS EACH © neilarey.com



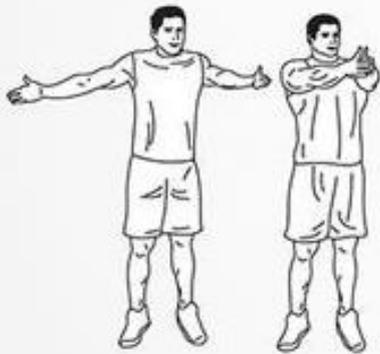
neck rotations



side bends



mid back turns



chest expansions



wide arm circles



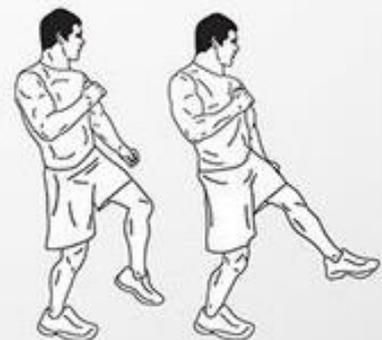
raised arm circles



side leg raises



hip rotations



light low front snap

### 3) Comment se muscler pour améliorer le punch d'un boxeur ?

Dans le domaine sportif, on peut définir l'explosivité comme la faculté à produire un effort physique sur une période de temps très brève. En d'autres termes, c'est la capacité à mobiliser brusquement une quantité d'énergie pour effectuer un mouvement sur un timing relativement court. Par contre, il ne faut pas limiter l'explosivité à la notion de vitesse pure car elle intègre également le fait de pouvoir accélérer rapidement pour enclencher l'action.

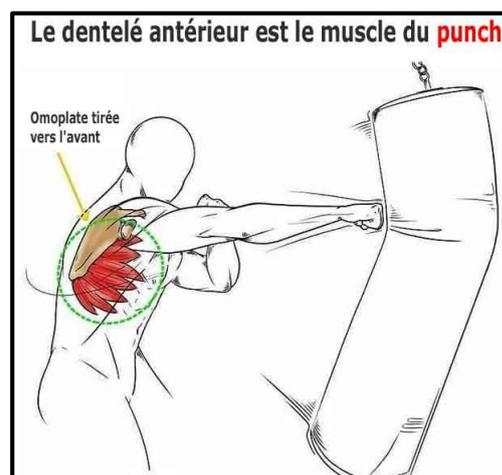
A partir de là, on comprend aisément que c'est une qualité fondamentale du boxeur mais plus généralement dans tous les sports de combats et arts martiaux.

Quand on parle de sports comme la boxe, le handball ou encore les lancers, il est bien évident que l'efficacité et le rôle du centre du corps lors des rotations sur les gestes spécifiques est un déterminant de la performance.

Ces mouvements qui impliquent des rotations du buste ont des points assez communs qui sont la dissociation des ceintures (pelviennes et scapulaires) et la recherche d'un transfert du sol vers les membres supérieurs. En gros, quand vous éjectez, frappez, la force vient du sol et des membres inférieurs et se transmet au travers du centre du corps vers les membres supérieurs.

Pour gagner en explosivité :

Le dentelé antérieur est aussi appelé muscle du boxeur car il renforce l'épaule et fixe l'omoplate à la cage thoracique ce qui permet de maximiser la force du punch.



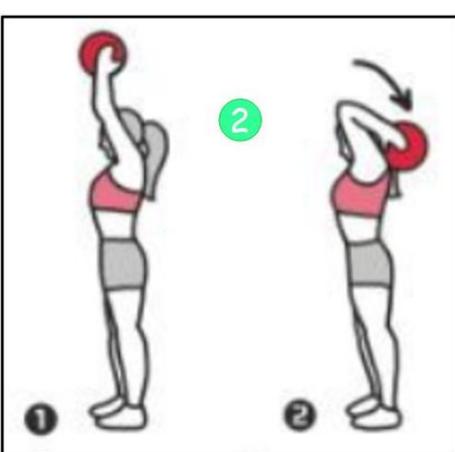
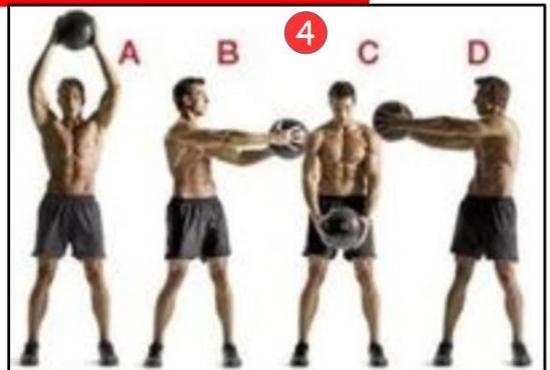
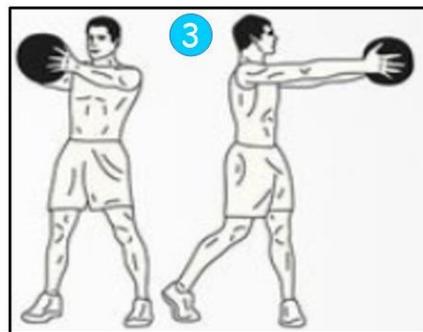
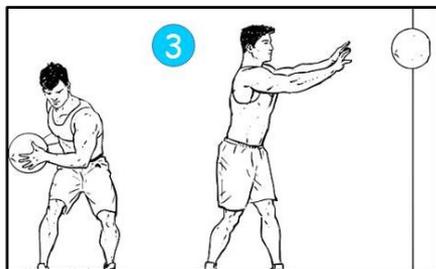
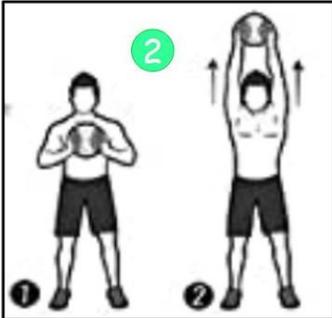
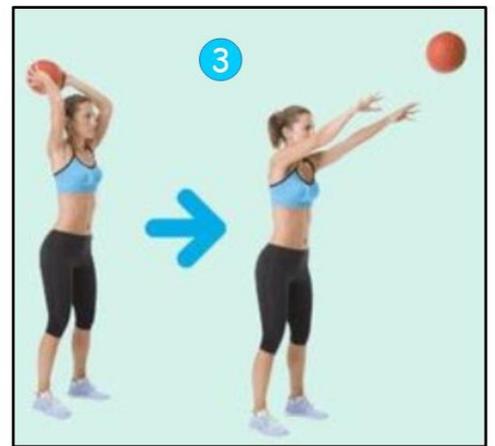
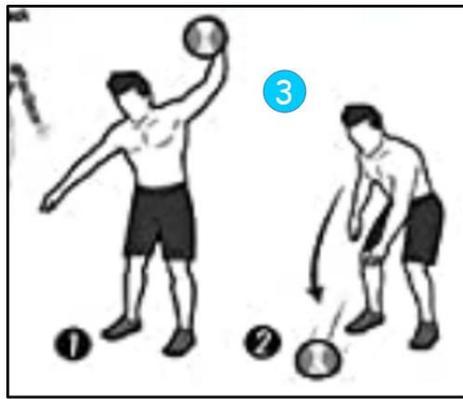
C'est l'exercice du pull-over qui le sollicite le plus. Il peut être pratiqué avec une barre, un haltère, un kettlebell ou une bande élastique.

Vous pouvez réaliser cet exercice sur un Swiss-Ball pour plus d'efficacité 😊

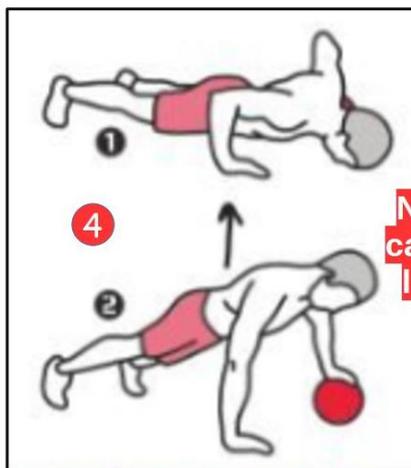


Le travail avec **Medecine-Ball** (ballon lesté) :

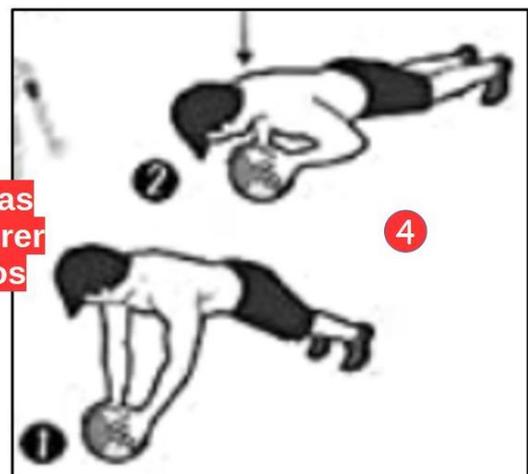
- ✓ Si vous avez un partenaire, mettez-vous l'un en face de l'autre à une distance raisonnable et envoyez-vous la balle selon un mouvement similaire à un direct. N'hésitez pas à passer l'épaule et à engager la hanche. Cet exercice peut aussi se faire en mouvement.
- ✓ Si vous n'avez pas de partenaire, vous pouvez aussi l'envoyer contre un mur.



**1 exo Triceps**

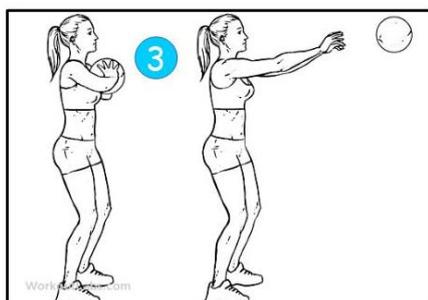


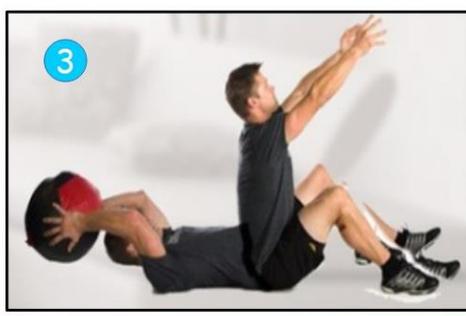
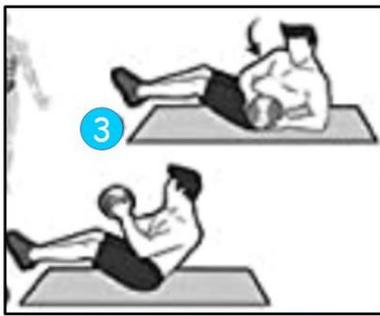
Ne pas cambrer le dos



## 5 exos Pectoraux

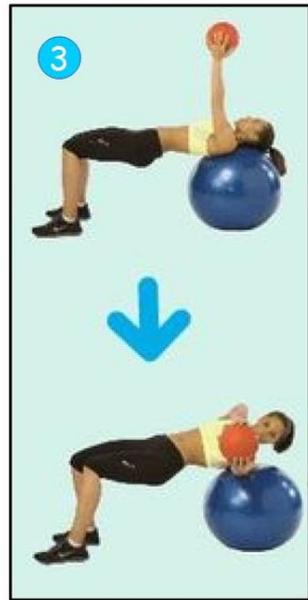
Par niveaux de difficulté : 1 2 3 4 5



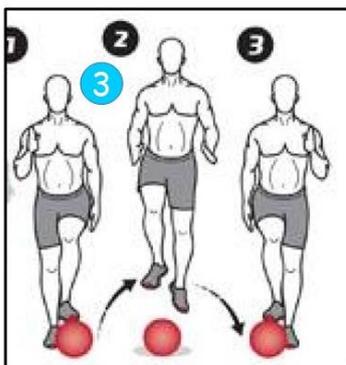
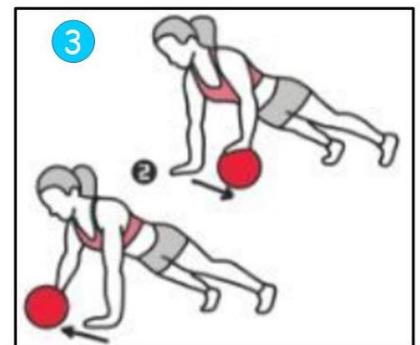
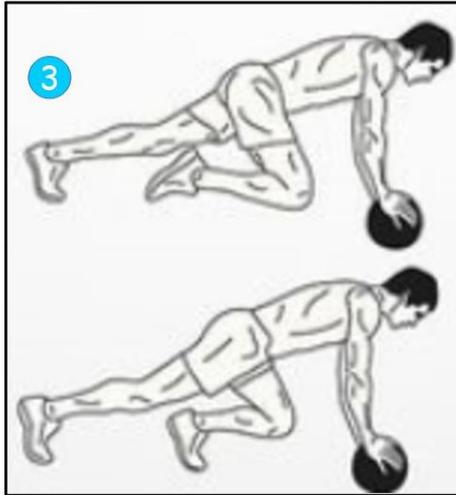


## 2 exos Abdos + 4 exos Lombaires

Par niveaux de difficulté :



**Ne pas cambrer le dos !  
Gardez les fesses hautes !**

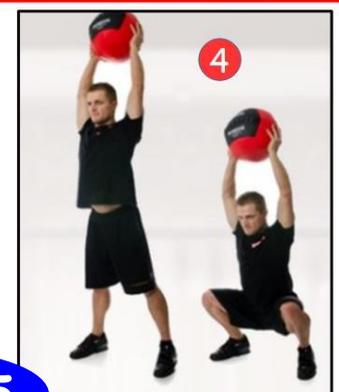
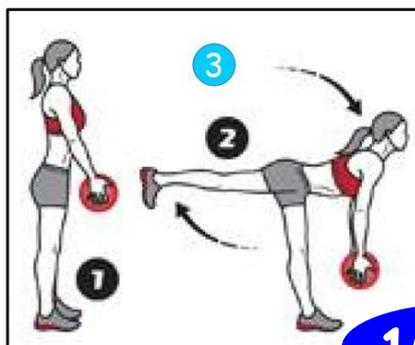


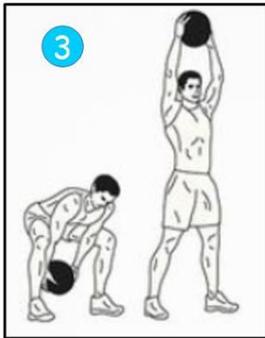
**Toujours  
garder le  
dos  
droit !**



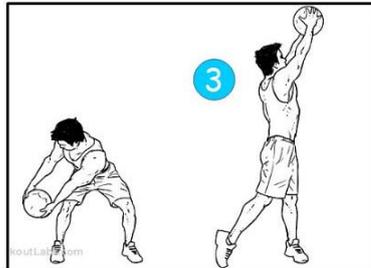
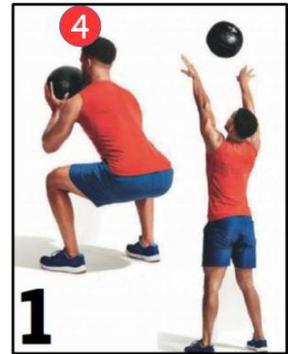
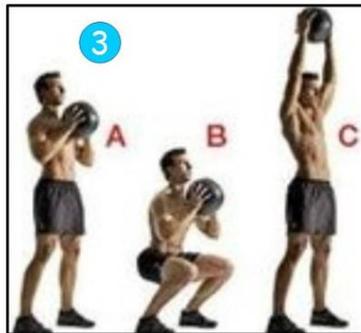
## 7 exos Cuisses & Fessiers

Par niveaux de difficulté :



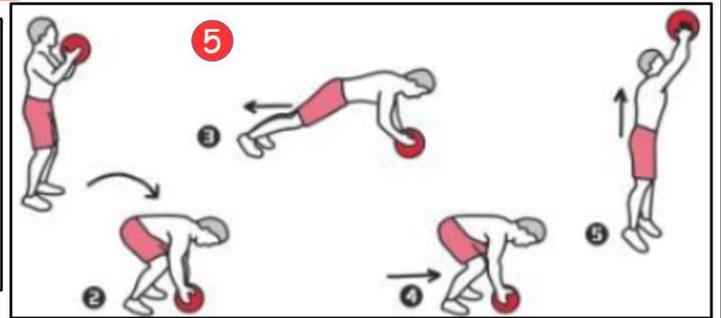
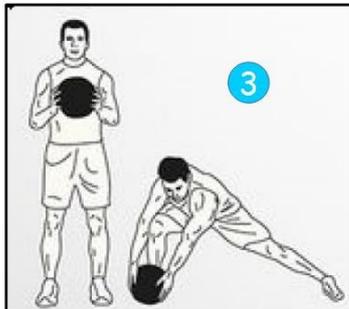
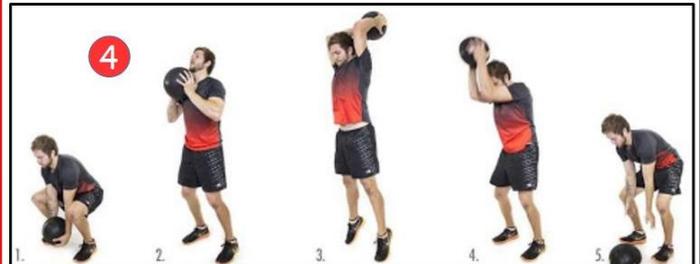


Toujours  
garder le  
dos  
droit !

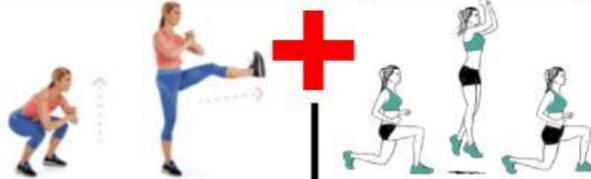
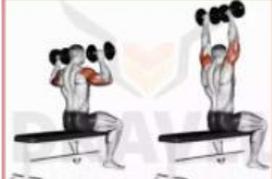
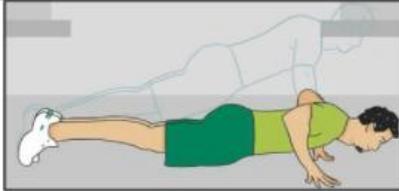
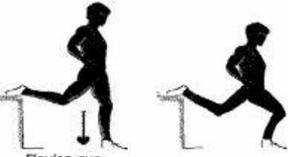
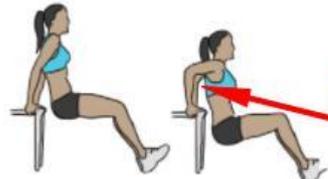


6 exos pour  
Cuisses & Épaules  
Par niveaux de difficulté :

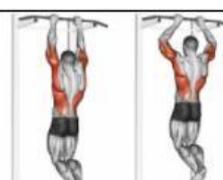
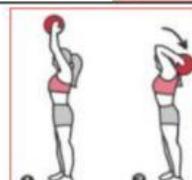
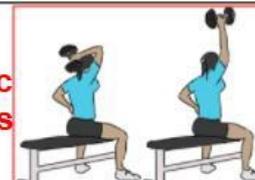
- 1
- 2
- 3
- 4



# Circuit Sport de Combat Sans Matériel

N°	EXOS	Circuit SPORT DE COMBAT	VARIANTE	REP'
1	6 exos à Enchaîner		Sur ces 6 exos, faire 50 reps de chacun.	300
2	FLEXION Pointe de pieds sur Muret		Montée sur Muret en finissant extension pointe de pied (les jambes se croisent au sommet du saut) et ne plus poser les talons au sol. Changer de jambe à chaque fois.	30
				20
				10
3	BRAS TENDUS + Jambe Opposée		Jambes & bras très écartés	16
				8
				4
4	SQUATS & FENTES Sautées		En progressant, saut très haut et flexion très basse.	20
				12
				2
5	épaules		Avec des bouteilles d'eau, descente contrôlée mais montée très rapide	16
				8
				4
6	SQUAT Saut		Saut pieds joints puis réception écartés.	Des minis sauts
				16
				8
7	Pompes Sur bout Doigts			12
				6
				2
8	FENTES		1. Maintien 5" en semi-fléchi. 2. Flexion complète + extension rapide. La descente, jambe angle droit, pas davantage !	16
				8
				2
9	DIPS Sur Chaise		Ne pas trop descendre les bras mais monter à fond et rapidement	20
				10
				4
10+	Flexion Sprint		1. Maintien 10" en squat 2. Burpees nombre = 3. Sprint sur 10 mètres.	20
				10
				2

# Circuit Sport de Combat Avec Matériels

N°	EXOS		Circuit SPORT DE COMBAT Avec Matériels	REP'
1	6 exos à Enchaîner	CARDIO	 <p style="color: red; text-align: center;"><b>Mvts rapides</b></p>	<p><b>Sur ces 6 exos, faire 50 reps de chacun.</b></p> <p style="font-size: 2em; color: white;">300</p>
2	CLIMBERS		<p style="color: red; font-size: 1.5em; text-align: center;"><b>Avec TRX</b></p> <p style="color: red; font-size: 1.5em; text-align: center;"><b>OU</b></p> 	<p style="color: red; font-size: 1.5em;"><b>OU</b></p>  <p style="color: white; font-size: 1.5em;">30 20 10</p>
3	Saut En Étoile	COMPLET	 <p style="color: red; text-align: center;"><b>Bien fléchir pour travailler aussi les fessiers</b></p>	<p>16 8 4</p>
4	Presse Quadri		 <p style="color: red; text-align: center;"><b>Montez le plus vite possible, en explosivité puis descente plus lente..</b></p>	<p><b>Minis-Sauts</b></p> <p style="color: white; font-size: 1.5em;">15 10 5</p>
5	DOS		 <p style="color: red; text-align: center;"><b>Montez le plus vite possible, en explosivité puis descente contrôlée.</b></p>	 <p style="color: white; font-size: 1.5em;">12 6 2</p>
6	Gainage + Squat	COMPLET		<p>12 8 4</p>
7	Pull-Over			<p>20 10 5</p>
8	Cuisses & Épaules	COMPLET		<p>16 8 4</p>
9	TRICEPS		 <p style="color: red; text-align: center;"><b>Avec Medecine-Ball</b></p>	<p style="color: red; text-align: center;"><b>Avec Altères</b></p>  <p style="color: white; font-size: 1.5em;">20 10 6</p>
10+	Flexion + Sprint	COMPLET	 <p style="color: red; text-align: center;"> <b>1. Maintien 10" en squat</b>  <b>2. Burpees nombre =</b>  <b>3. Sprint sur 10 mètres.</b> </p>	<p>16 8 4</p>

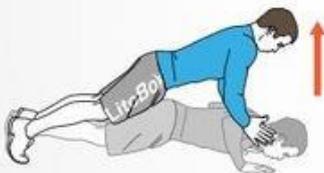
### 3 circuits types :

# ARTS MARTIAUX

JUDO JJB MMA  
KARATE BOXE KICK BOXING  
MUAY THAÏ TAEKWONDO

WOD N° 550 LITOBX.COM

## 1 POMPES CLAQUÉES



## 2 SORTIES DU DOS (g. + d.)



Faire 6 tours, avec 30 secondes de travail  
et 10 secondes de repos par exercice.

# CIRCUIT ROUTINE BOXE

Jean-Michel Reymond

Effectuer 4 séries de chaque exercice

Nombre de REP par exercice :

10 (1ère série) - 15 (2ème série) - 20 (3ème série) - 10 (4ème série)

15" de récup entre chaque exercice / 2 min entre chaque série

**EXERCICE 12 - Shadow Boxing**  
Libre aux poings ou pieds poings si  
kick Boxing



**EXERCICE 2 - 1/2 Squat**  
Démarrer mains aux hanches puis sur  
le squat tendre les bras vers l'avant



**EXERCICE 11 - Gainage**  
L'araignée : garder la position bras et  
jambes écartées



**EXERCICE 1 - Saut à la corde**  
1' pour la 1ère série : saut alterné  
1'30" pour la 2ème série : saut alterné  
et deux pieds (30")  
2' pour la 3ème série saut alterné  
30"/30" Pieds joints/30" alternés /  
30" pieds joints  
1' pour la 4ème série



**EXERCICE 3 - Shadow Boxing**  
Libre aux poings ou pieds poings si  
kick Boxing

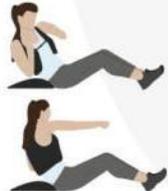
**EXERCICE 10 - Saut à la corde**  
IDEM Exercice 1



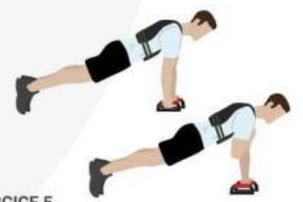
**EXERCICE 4 - Saut à la corde**  
IDEM Exercice 1



**EXERCICE 9 - Abdominaux**  
Relevé de buste en montant en rotation  
puis 4 crochets Gauche/Droite



**EXERCICE 5**  
Gainage avec déstabilisation membres supérieurs  
la main gauche touche l'épaule gauche, la main  
droite touche l'épaule droite, bras toujours en  
extension pendant l'exercice (isométrie)



**EXERCICE 8 - Un pied sur la chaise, renforcement  
quadriceps, flexion puis extension complète en sautant  
sur le pied d'appui au sol**



**EXERCICE 7 - Saut à la corde**  
IDEM Exercice 1



**EXERCICE 6 - Abdominaux**  
Relevé de buste en exécutant  
4 Directs Gauche/Droite



**POUR VOTRE  
PRATIQUE :**



Gilet lesté  
ajustable 5 kg



Gilet lesté  
ajustable 10 kg



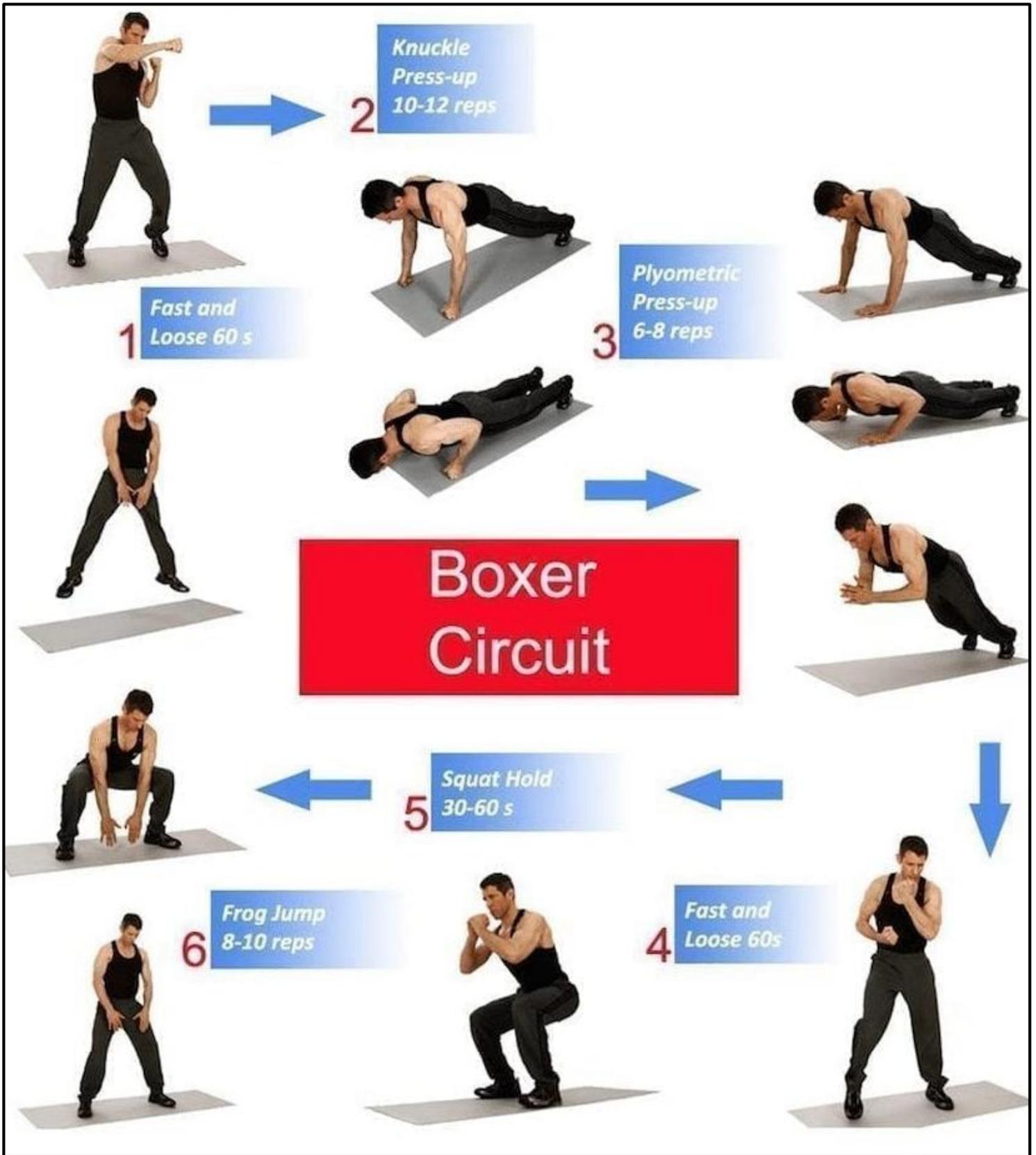
AB Mat



Domyos Speed  
Rope 100



Push Up Bars



# BOXER PRIME

Day 2 | Endurance

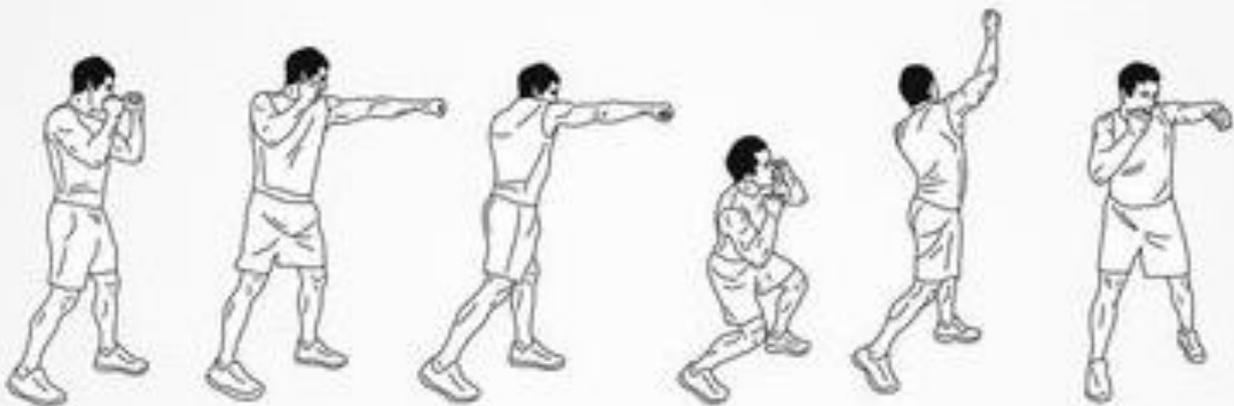
Level I 3 sets

Level II 5 sets

Level III 7 sets

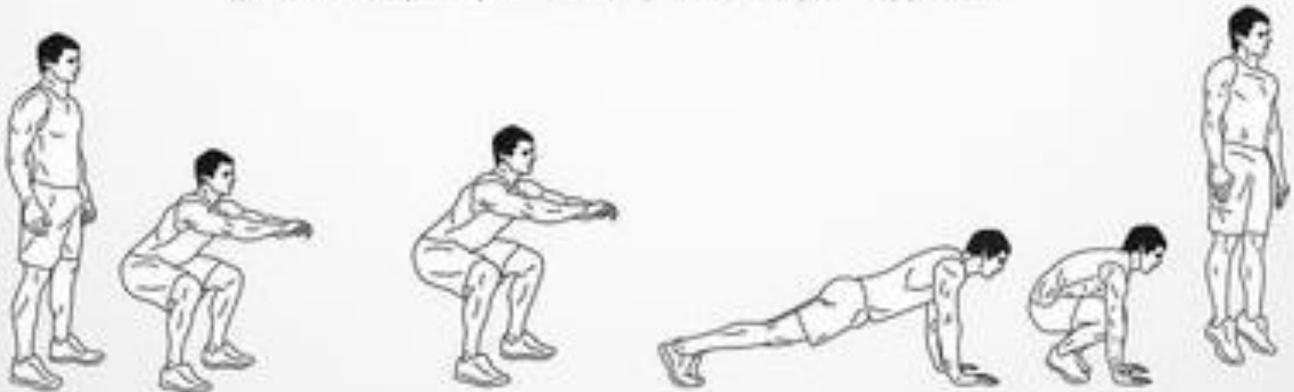
2 minutes rest between sets

**extra credit** no rest



**5 minutes shadowboxing**

set a timer and shadowbox freestyle:  
jab + cross, jab + jab + cross, jab + hook, jab + uppercut



**40 squats**

**20sec squat hold**

**40 basic burpees**

# BOXER PRIME

Day 3 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest



20 sit-ups



20 knee-ins + twist



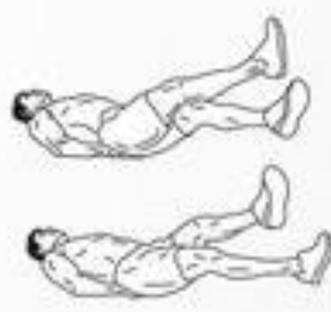
10 butt-ups



20 sit-ups



20 flutter kicks



10 scissors



20 sit-ups



20 sitting twists



10 leg raises

# BOXER PRIME

Day 4 | Power

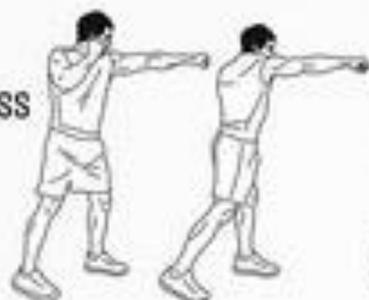
no sets  
complete all drills  
30 seconds rest  
between drills



can be done on a punching bag

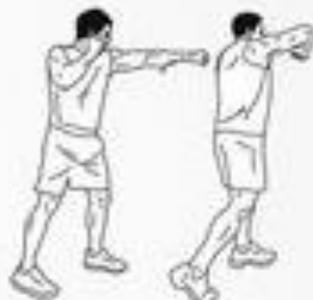
## DRILL 1

4 push-ups  
jab + cross + jab + cross  
10 sets



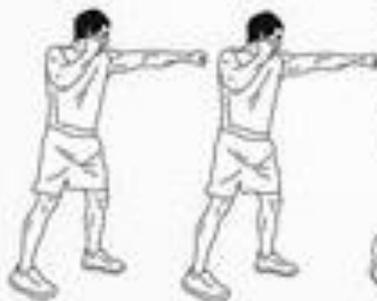
## DRILL 2

4 push-ups  
jab + hook  
10 sets



## DRILL 3

10 push-ups  
40 jabs (same arm)  
3 sets



## DRILL 4

10 push-ups  
40 hooks (same arm)  
3 sets



switch arms and do the drill again

switch arms and do the drill again

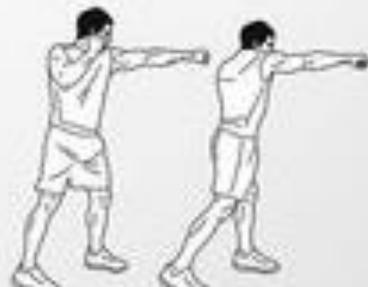
## DRILL 5

10 push-ups  
10 squat + hook (same arm)  
3 sets



## DRILL 6

30 push-ups  
1min jab + cross  
2 sets



switch arms and do the drill again

# BOXER PRIME

Day 5 | Agility

no sets

complete one  
after the other



OR

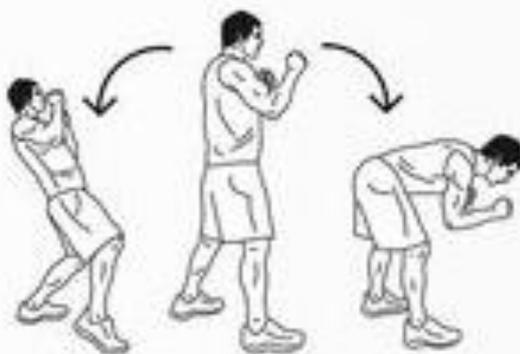


warmup

10 minutes jump rope  
or 20 minutes steady run  
*pick either*



**1 minute** knee to elbow twists  
from lunge stance  
30 seconds per side, switch sides after 1 minute



**1 minute** forward & backward bends  
lean back and then lean forward as far as you can



**1 minute** side-to-side tilts  
lean from side to side, as if you were dodging  
punches in slow motion



**1 minute** knee bends  
bouncing action  
but with feet firmly planted on the floor

# BOXER PRIME

Day 6 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

**extra credit** no rest

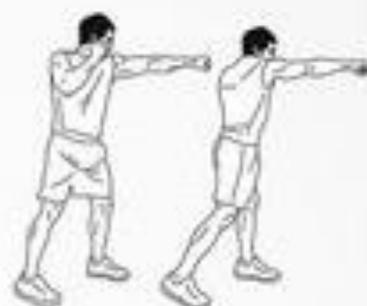
\* alternatively hop on the spot



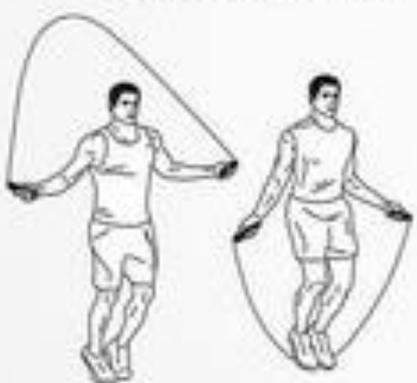
**30sec** jump rope \*



**30sec** push-ups



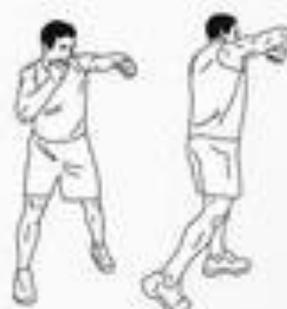
**1min** jab + cross



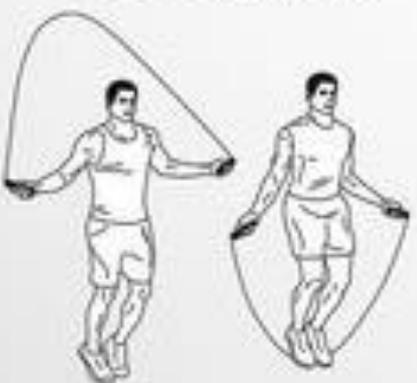
**30sec** jump rope \*



**30sec** push-ups



**1min** hooks



**30sec** jump rope \*



**30sec** push-ups



**1min** uppercuts

# BOXER PRIME

Day 7 | Endurance

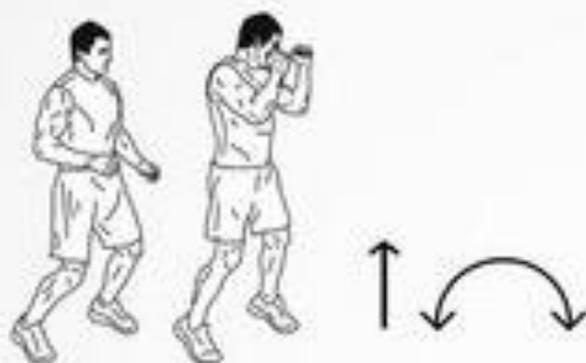
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

**extra credit** no rest



**1 minute**

bouncing on the spot

20sec both feet

20sec from foot to foot, left leg forward

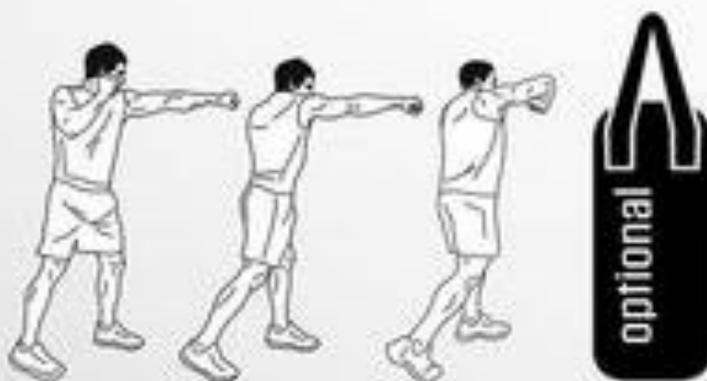
20sec from foot to foot, right leg forward



**2 minutes**

bounce, bounce + squat + jab

keep arm guard at all times,  
switch sides at 1 minute



**2 minutes**

shadowboxing

jab + jab,

jab + cross,

jab + cross + hook,

jab + jab + hook

# BOXER PRIME

Day 8 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**30sec** elbow plank



**30sec** raised leg elbow plank



**10** back extensions



**10** plank walk-outs



**30sec** elbow plank



**30sec** side elbow plank

# BOXER PRIME

Day 9 | Power

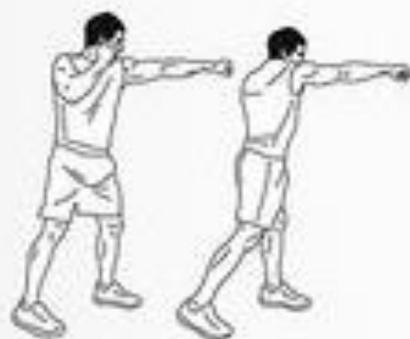
no sets  
complete all drills  
60 seconds rest  
between drills



can be done on a punching bag



20 power push-ups before each drill  
extra credit: clapping push-ups



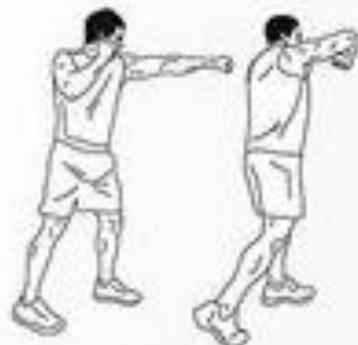
## DRILL 1

2 minutes jab + cross



## DRILL 2

2 minutes hooks



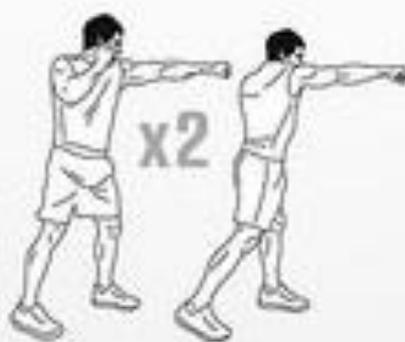
## DRILL 3

2 minutes jab + hook



## DRILL 4

2 minutes squat + hook



## DRILL 5

2 minutes jab + jab + cross



## DRILL 6

2 minutes squat + jab

# BOXER PRIME

Day 10 | Stretching

no sets

complete one  
after the other



warmup

**5 minutes**

bounce on the spot  
throwing light jabs



**40sec** quad stretch

20 sec hold each leg



**40sec** shoulder stretch

move your arms as far away  
as possible & keep on moving  
until you reach your limit.



**40sec** arm stretch

lean away continuously  
for 40 seconds



**40sec** back stretch

lean back continuously  
for 40 seconds



**40sec** hamstring stretch

lean forward continuously  
for 40 seconds



**40sec** knee rolls

roll your knees side to side  
for 40 seconds

# BOXER PRIME

Day 11 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

**extra credit** no rest

\* alternatively hop on the spot



**30sec** jump rope \*



**30sec** push-up + jab + cross



**1min** jab + cross



**30sec** jump rope \*



**30sec** push-up + hook



**1min** hooks



**30sec** jump rope \*



**30sec** push-ups



speed bag  
can be used

**2 min** speed bag punches

# BOXER PRIME

Day 12 | Endurance

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

**extra credit** no rest



**1 minute** high knees



**1 minute** elbow plank



**1 minute** squats



**1 minute** high knees



**1 minute** elbow plank



**1 minute** jab + cross

# BOXER PRIME

Day 13 | Agility

Level I 3 sets

Level II 5 sets

Level III 7 sets

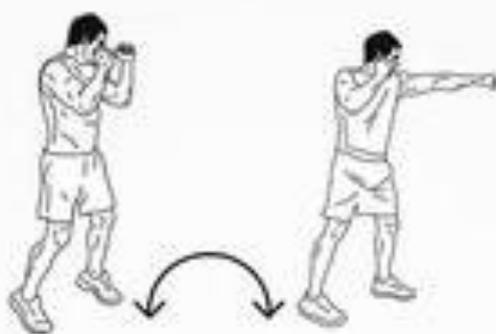
2 minutes rest between sets

extra credit no rest



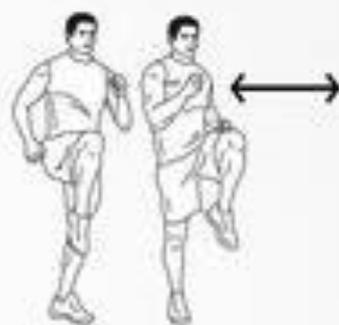
## 40 bob and weave

Tie a rope waist height - or imagine one; and duck under it side-to-side



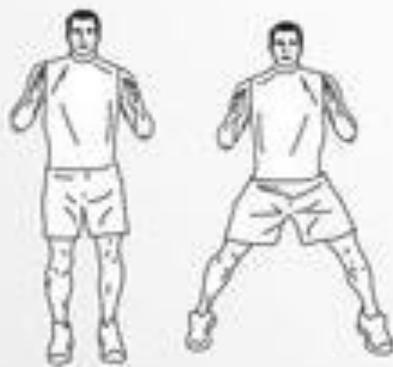
## 40 hop to the side + jab

Hop to the side, jab and hop back. Go as fast as you can.



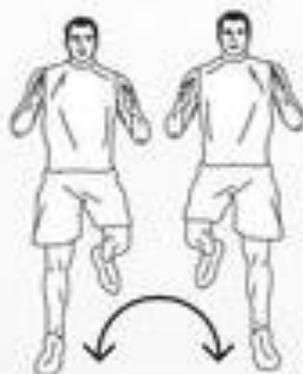
## 40 side high knees

Do high knees while moving to the side. Use the space available.



## 40 half jacks

hop with feet together, hop with feet apart - non-stop



## 40 side-to-side hops

Hop from side to side moving slightly forward and then backwards.



## 40 leg switch & punch

bounce on the spot and alternate forward foot while punching.

# BOXER PRIME

Day 14 | Abs

Level I 3 sets

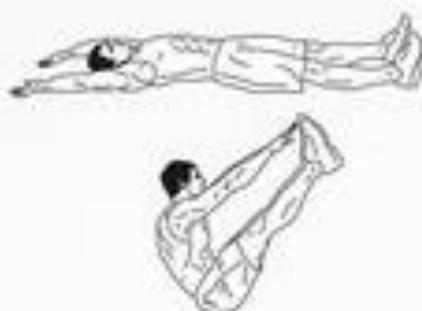
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



20 flutter kicks



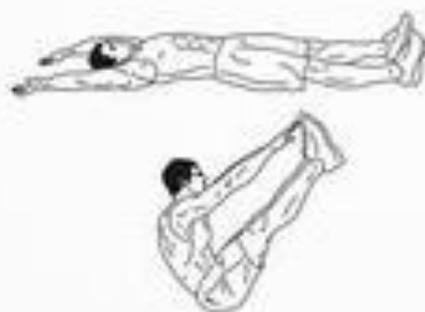
10 V-ups



20 raised leg circles



20 long arm crunches



10 V-ups



20 knee-to-elbows



20 leg raises



10 V-ups



20-count hollow hold

# BOXER PRIME

Day 15 | Power

no sets  
complete all drills  
30 seconds rest  
between drills



can be done on a punching bag

## DRILL 1

4 judo push-ups  
jab + jab + hook  
10 sets



## DRILL 2

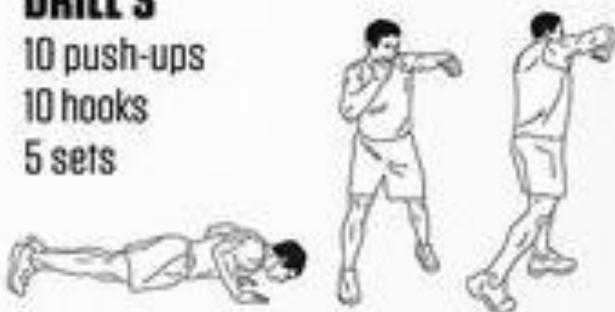
4 push-ups  
10 jabs (same arm)  
5 sets



switch arms and do the drill again

## DRILL 3

10 push-ups  
10 hooks  
5 sets



switch arms and do the drill again

## DRILL 4

4 push-ups  
2 jab + cross  
10 sets



## DRILL 5

30 push-ups  
90sec shadowboxing  
freestyle  
2 sets



# BOXER PRIME

Day 16 | Balance

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest



**10 minutes**

jump rope or hop on the spot  
warmup



**40** single leg half squats + **20sec** hold

20 one foot first followed up by a 20 second hold



**40** side leg swings

foot not touching the floor,  
keep your balance



**40** alt arm leg plank + **40sec** hold

hold the plank on one side for 20 seconds and then  
hold it on the other side for another 20 seconds



**40** knee to elbows

foot not touching the floor,  
keep your balance

# BOXER PRIME

Day 17 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



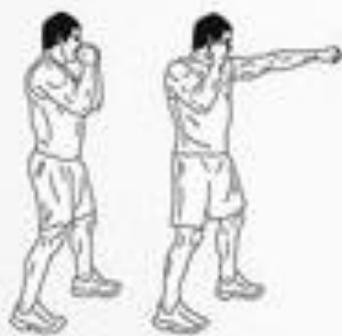
30sec jump rope



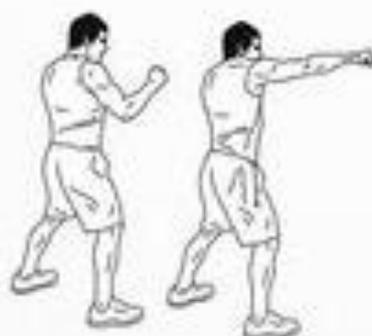
30sec push-ups



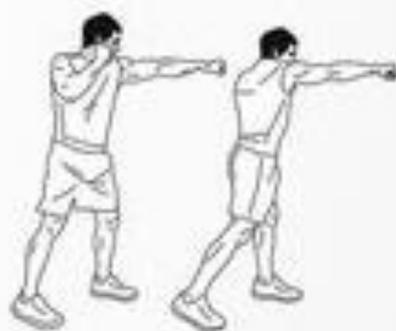
1 min speed bag punches



30sec jabs (left arm)



30sec jabs (right arm)



1 min jab + cross



30sec hooks (left arm)



30sec hooks (right arm)



1 min hooks

# BOXER PRIME

Day 18 | Endurance

no sets

can be done on  
a punching bag



**10** squats

**1 minute** jab + cross

**20** squats

**2 minutes** jab + cross

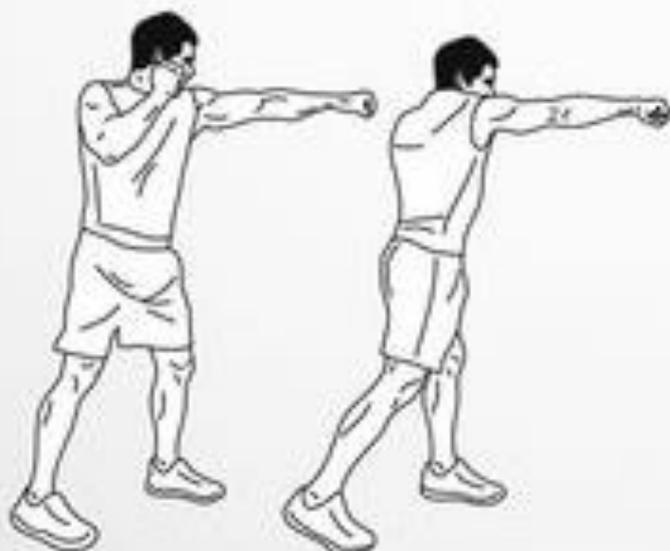
**30** squats

**3 minutes** jab + cross

**40** squats

**4 minutes** jab + cross

workout complete



# BOXER PRIME

Day 19 | Abs

Level I 3 sets

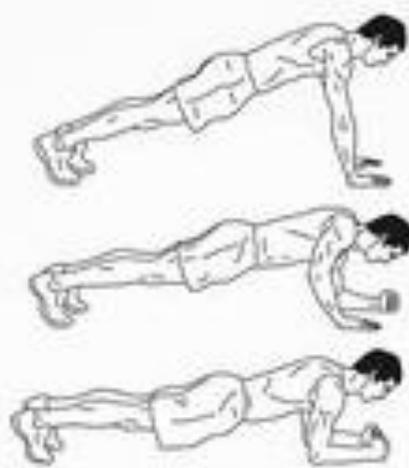
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**30sec** elbow plank



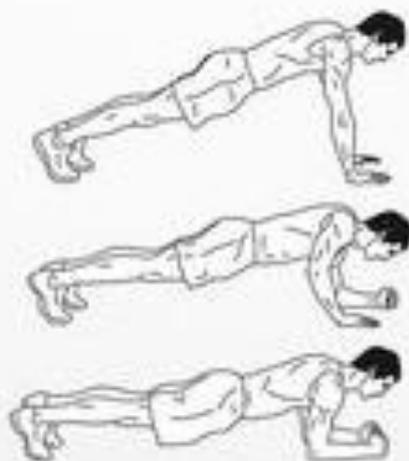
**30** up and down planks



**30sec** elbow plank



**30sec** back extension hold



**30** up and down planks



**1min** side elbow plank

# BOXER PRIME

Day 20 | Power

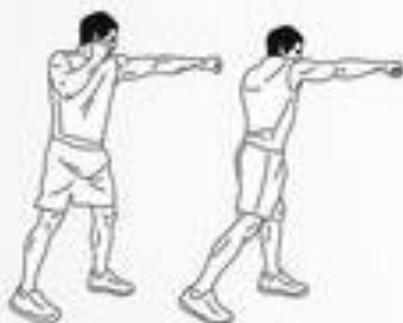
no sets  
complete all drills  
60 seconds rest  
between drills

can be done  
on a punching bag



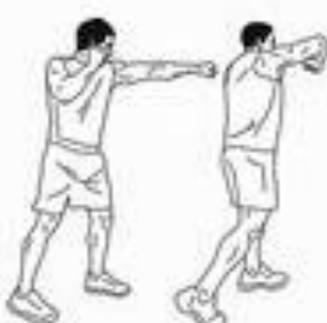
**30 push-ups before each drill**

split into smaller sets or switch to knee push-ups



## DRILL 1

2 minutes  
jab + cross



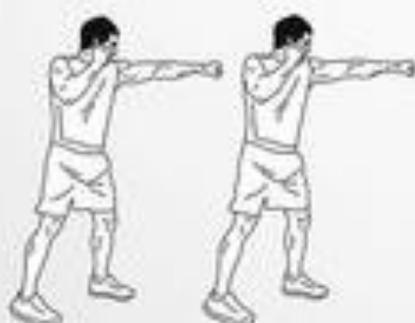
## DRILL 2

2 minutes  
jab + hook



## DRILL 3

2 minutes  
squat + hook



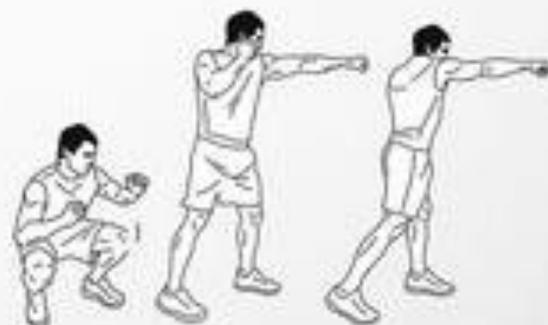
## DRILL 4

2 minutes  
jabs (1 min each arm)



## DRILL 5

2 minutes  
hooks (1 min each arm)



## DRILL 6

2 minutes  
squat + jab + cross

# BOXER PRIME

Day 21 | Agility

no sets

complete one  
after the other



warmup

10 minutes jump rope  
or 20 minutes steady run  
*pick either*



**2 minutes** knee to elbow twists  
from lunge stance  
1 minute per side, switch sides after 1 minute



**2 minutes** forward & backward bends  
lean back and then lean forward as far as you can



**2 minutes** side-to-side tilts  
lean from side to side, as if you were dodging  
punches in slow motion



**2 minutes** knee bends  
bouncing action  
but with feet firmly planted on the floor

# BOXER PRIME

Day 22 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

**extra credit** no rest



**30sec** push-ups



**30sec** push-up + jab + cross



**1min** jab + cross



**30sec** push-ups



**30sec** push-up + hook



**1min** hooks



**30sec** push-ups



**30sec** push-up + uppercut



**1min** uppercuts

# BOXER PRIME

Day 23 | Technique

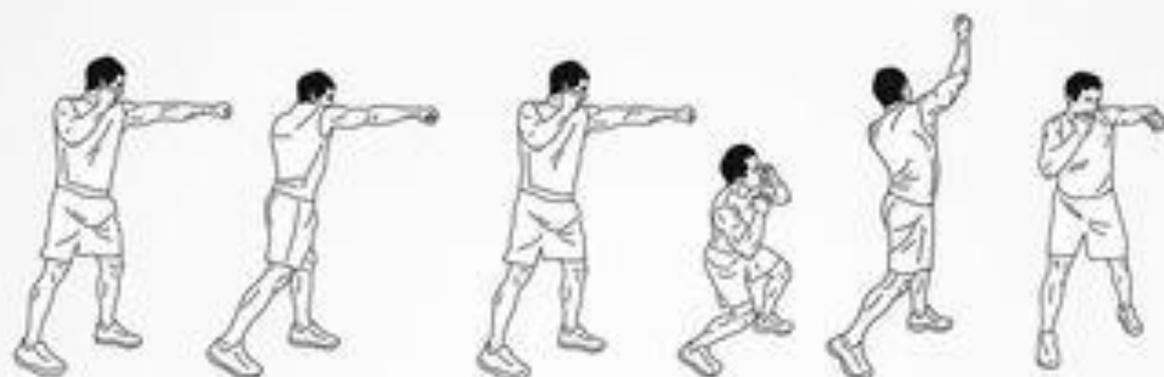
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

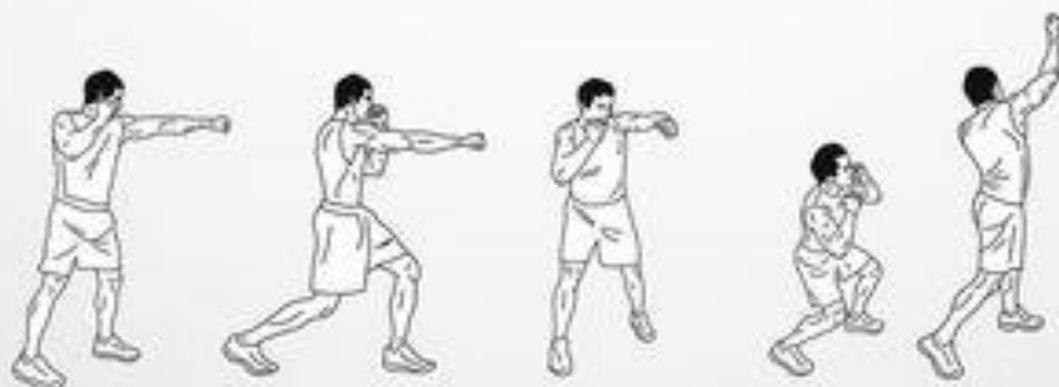
**EC** switch side each rep



**40 combos:** jab + cross + jab + uppercut + hook



**40 combos:** jab + jab + squat to the side + jab + cross + hook



**40 combos:** jab + lunge cross + hook + uppercut

# BOXER PRIME

Day 24 | Power

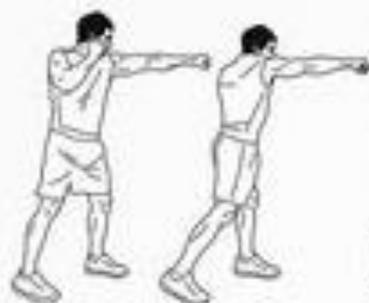
no sets  
complete all drills  
30 seconds rest  
between drills

can be done  
on a punching bag



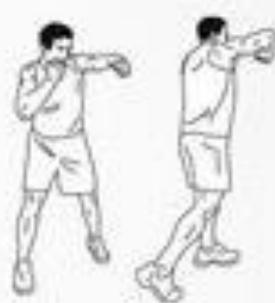
## DRILL 1

5 push-ups  
jab + cross  
10 sets



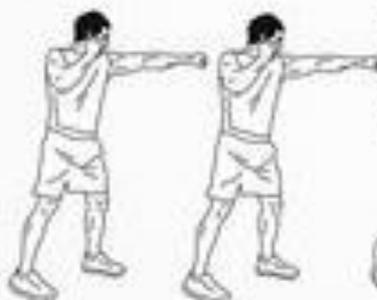
## DRILL 2

5 push-ups  
hook + hook  
10 sets



## DRILL 3

10 push-ups  
40 jabs (same arm)  
3 sets



## DRILL 4

10 push-ups  
20 squat + hook  
3 sets

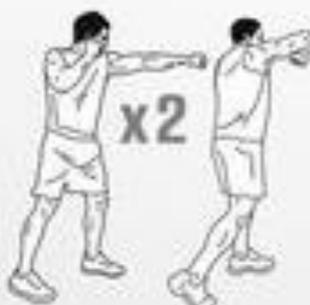


switch arms and do the drill again

switch sides and do the drill again

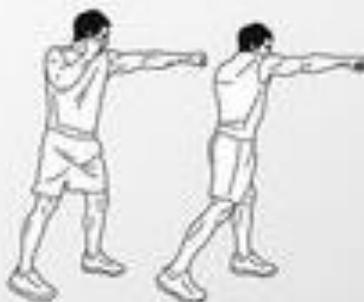
## DRILL 5

5 push-ups  
20 jab + jab + hook  
5 sets



## DRILL 6

30 push-ups  
2min jab + cross  
2 sets



switch arms and do the drill again

# BOXER PRIME

Day 25 | Abs

Level I 3 sets

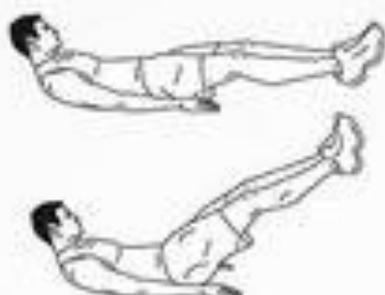
Level II 4 sets

Level III 5 sets

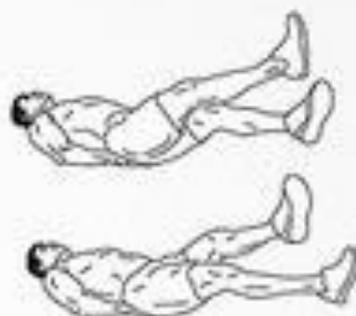
2 minutes rest between sets



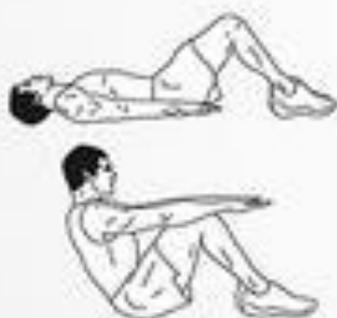
30 sit-ups



30 leg raises



30 scissors



30 sit-ups



30 flutter kicks



30 sitting twists



30 sit-ups



30 V-ups



30 knee-to-elbows

# BOXER PRIME

Day 26 | Endurance

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

**extra credit** no rest



**2 minute** high knees



**2 minute** elbow plank



**2 minute** squats  
tip: bounce & squat



**2 minute** high knees



**2 minute** elbow plank



**2 minute** jab + cross

# BOXER PRIME

Day 27 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

**extra credit** no rest

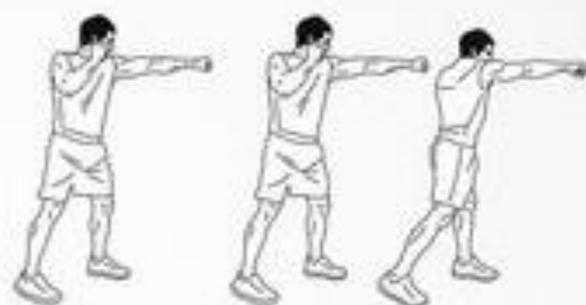
\* alternatively hop on the spot



**30sec** jump rope \*



**30sec** push-up + jab + cross



**30sec** jab + cross



**30sec** jump rope \*



**30sec** push-up + 4 jabs



**30sec** push-up + 4 jabs



**30sec** jump rope \*



**30sec** push-ups



speed bag  
can be used

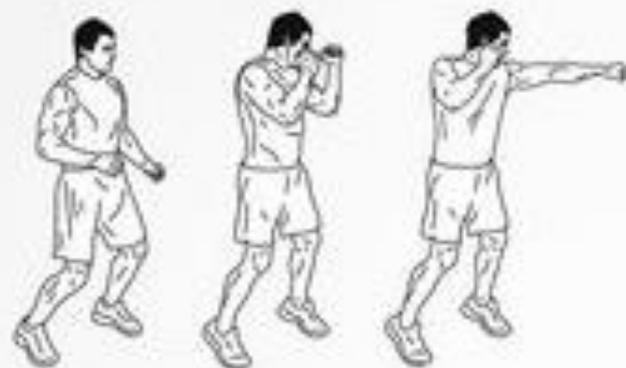
**2 min** speed bag punches

# BOXER PRIME

Day 28 | Stretching

no sets

complete one  
after the other



warmup

**5 minutes**

bounce on the spot  
throwing light jabs



**1min quad stretch**  
30 sec hold each leg



**1min shoulder stretch**  
move your arms as far away  
as possible & keep on moving  
until you reach your limit.



**1min arm stretch**  
lean away continuously  
for 1 minute



**1min back stretch**  
lean back continuously  
for 1 minute



**1min hamstring stretch**  
lean forward continuously  
for 1 minute



**1min knee rolls**  
roll your knees side to side  
for 1 minute

# BOXER PRIME

Day 29 | Power

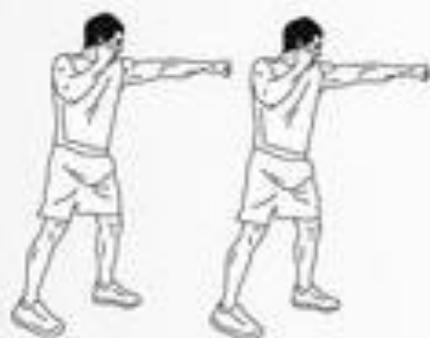
no sets  
complete all drills  
60 seconds rest  
between drills

can be done  
on a punching bag



**40 push-ups** before each drill

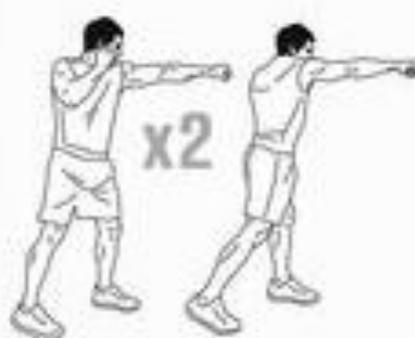
split into smaller sets or switch to knee push-ups



## DRILL 1

2 minutes

jabs (1 min each arm)



## DRILL 2

2 minutes

jab + jab + cross



## DRILL 3

2 minutes

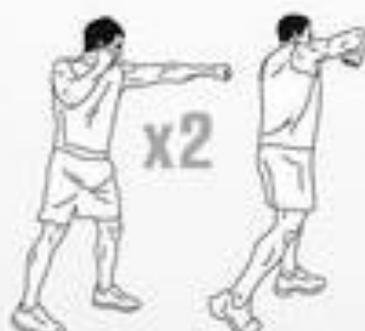
double squat + jab + jab



## DRILL 4

2 minutes

hooks (1 min each arm)



## DRILL 5

2 minutes

jab + jab + hook



## DRILL 6

2 minutes

squat + squat + hook + hook

# BOXER PRIME

Day 30 | Technique

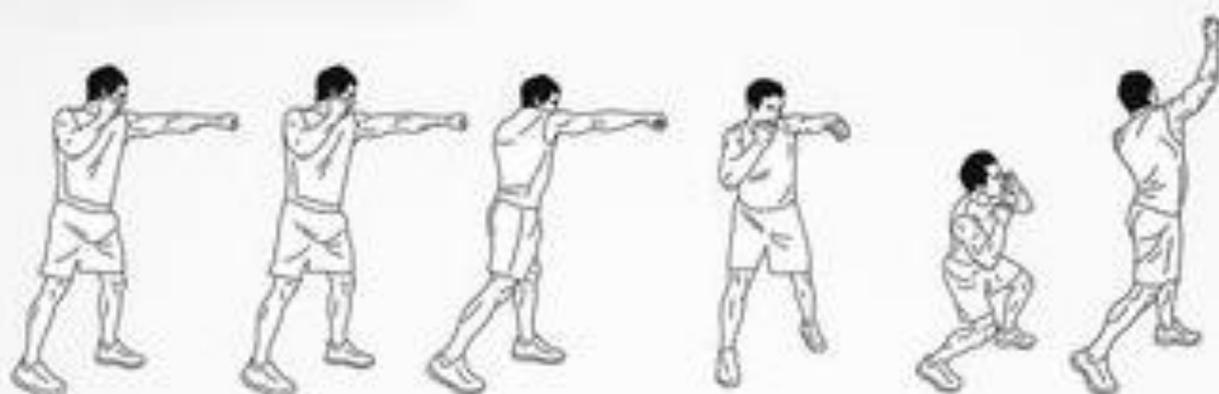
Level I 3 sets

Level II 5 sets

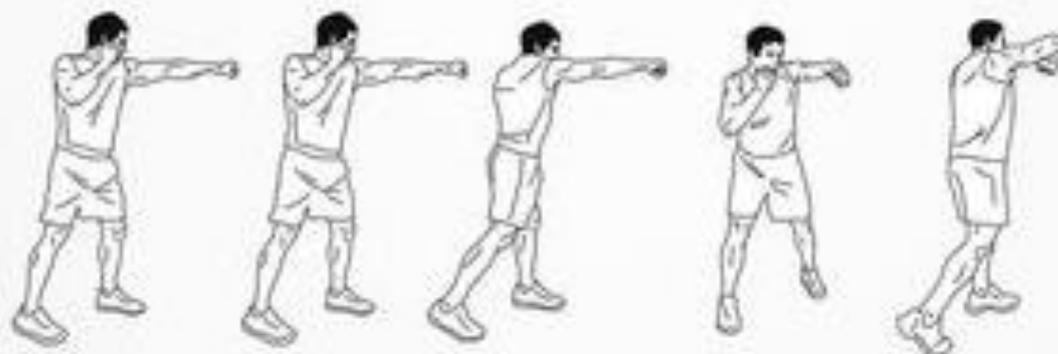
Level III 7 sets

2 minutes rest between sets

**EC** switch side each rep



**50 combos:** jab + jab + cross + hook + uppercut



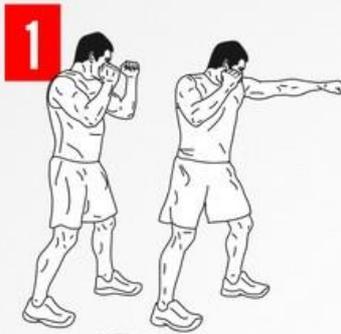
**50 combos:** jab + jab + cross + hook + hook



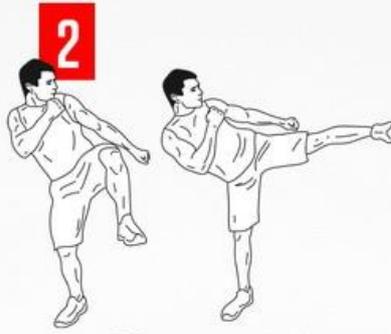
**50 combos:** jab + squat + cross + squat + hook + hook



## Day 1 | Practice



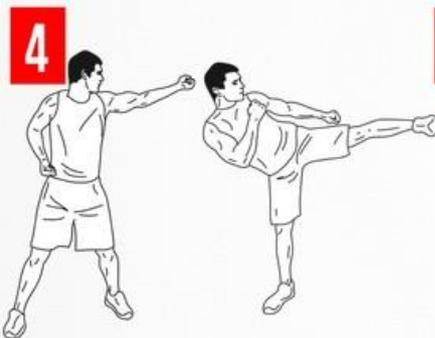
**1**  
100 punches



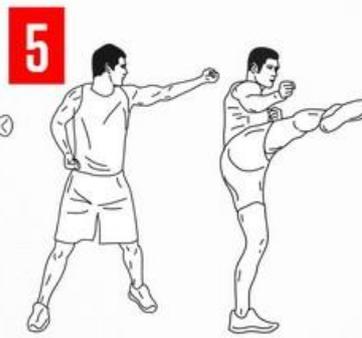
**2**  
40 side kicks



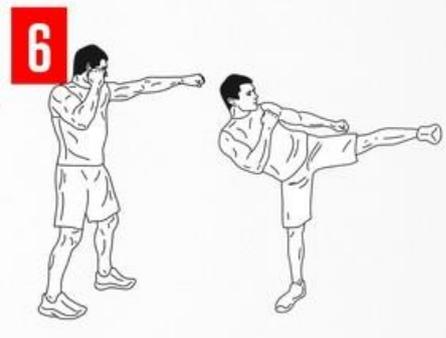
**3**  
40 turning kicks



**4**  
40 backfist + side kicks



**5**  
40 backfist + turning kick

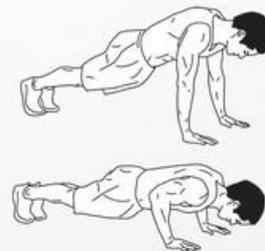


**6**  
40 double punch + side kick

filler  
between  
each exercise



10 bounces

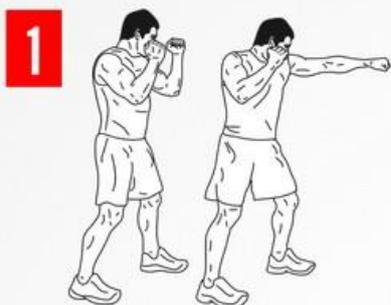


5 push-ups



**Day 2** | Speed

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



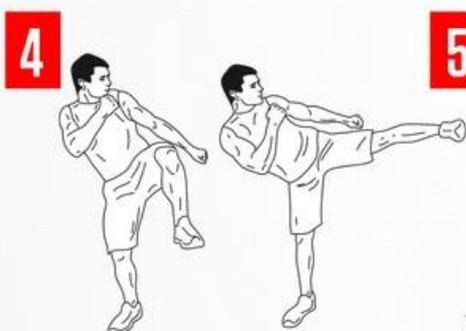
punches



turning kicks



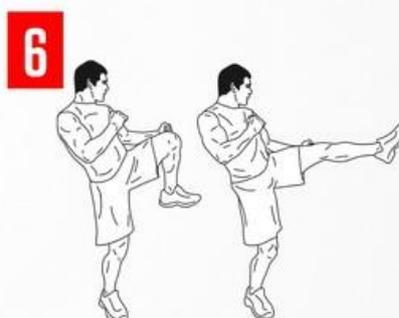
hooks



side kicks



uppercuts



front snap kicks



elbow strikes



knee strikes



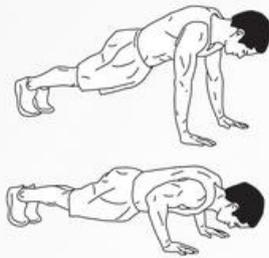
double punch + elbow strike



## Day 3 | Power

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

1



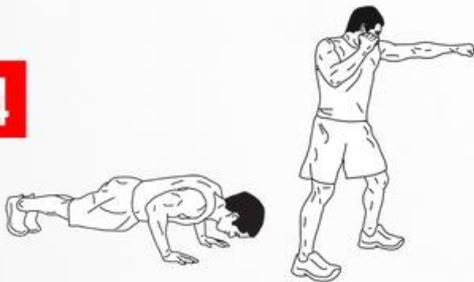
10 push-ups

2



10 squats

4



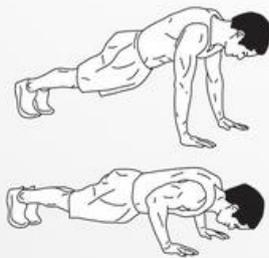
10 push-up + double punch

3



10 squat + front snap kick

5



5 push-ups

6

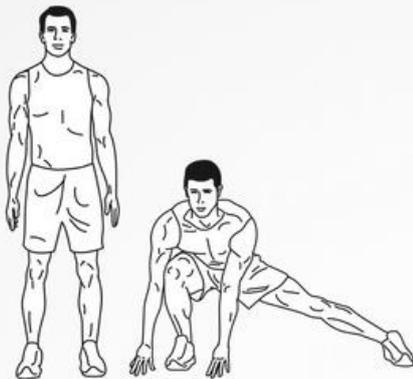


5 squats



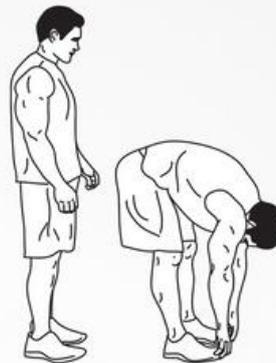
## Day 4 | Van Damme Tribute Stretching

1



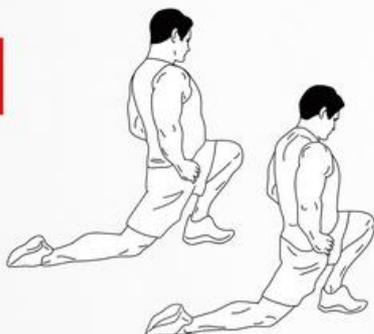
40 side lunge stretch

2



20 standing toe

3



40 deep lunge

4



60 hamstring stretch

**FINISH**

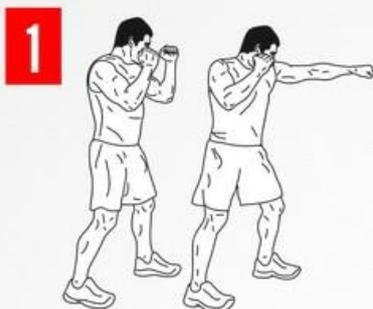
**2 minute**

side split  
feet as far apart  
as possible

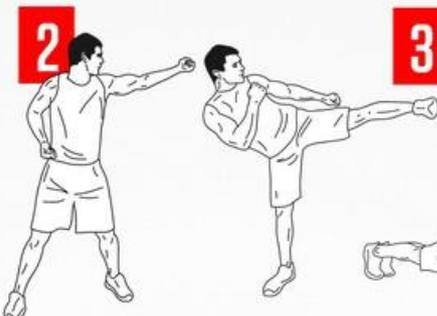




## Day 5 | Practice



**1**  
120 punches



**2**  
80 backfist + sidekick



**3**  
20 push-up + double punch



**4**  
80 sidekick

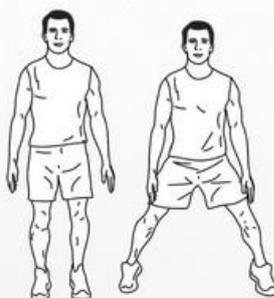


**5**  
80 front snap kick



**6**  
80 double turning kick

filler  
between  
each exercise



20 half jacks

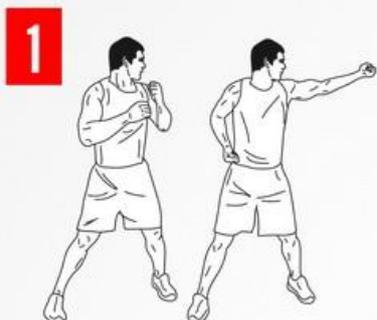


20 side leg raises

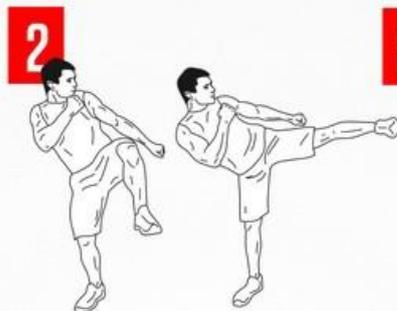


**Day 6** | **Speed**

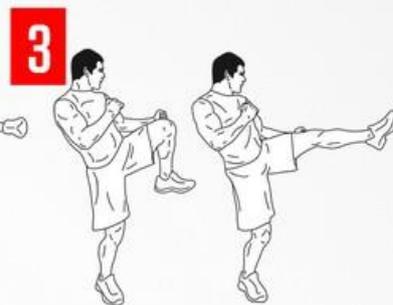
1 minute each | as fast as possible  
1 minute break between exercises



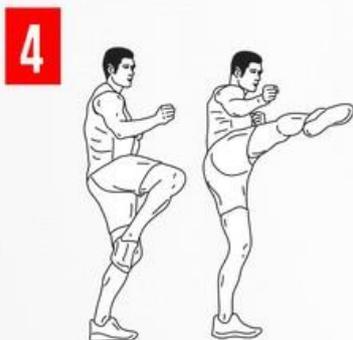
backfists



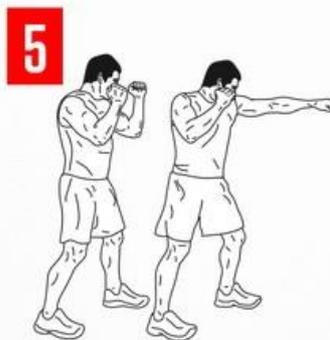
side kicks



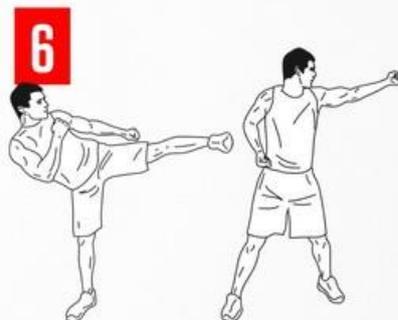
front snap kicks



double-turning kicks



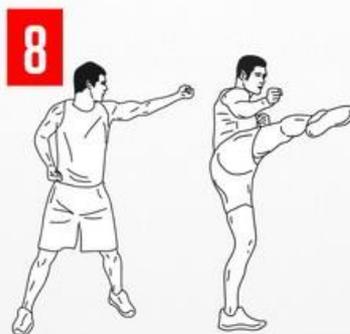
punches



side kick + backfist



hooks



backfist + turning kick



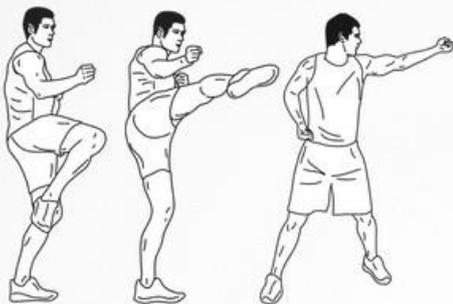
jab + hook



## Day 7 | Jet Li Tribute

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

1



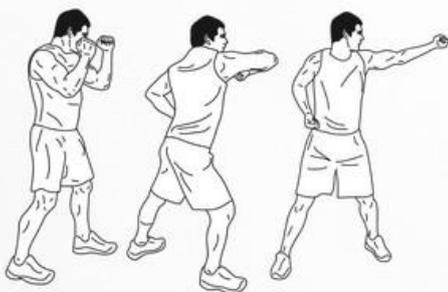
20 turning kick + backfist

2



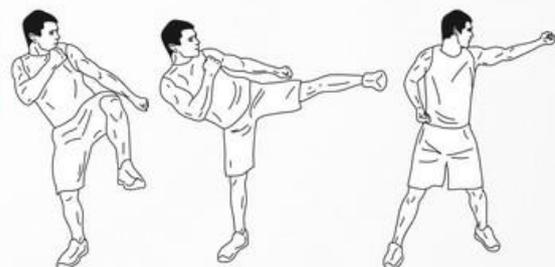
20 front snap kick + squat

4



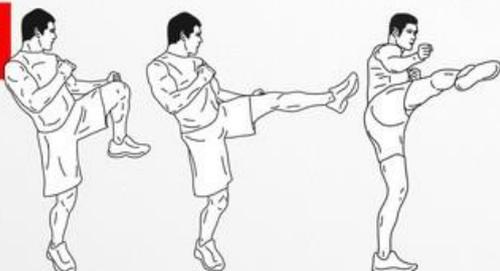
20 elbow strike + backfist

3



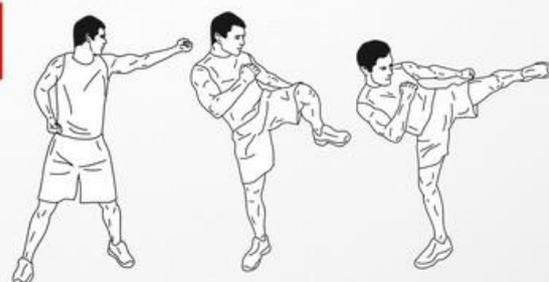
20 side kick + backfist

5



20 front snap kick + turning kick

6



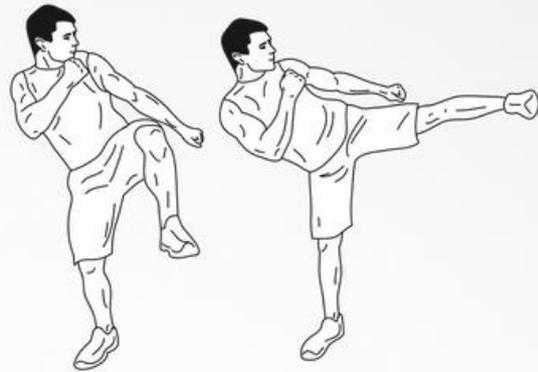
20 double backfist + hook kick



## Day 8 | Balance

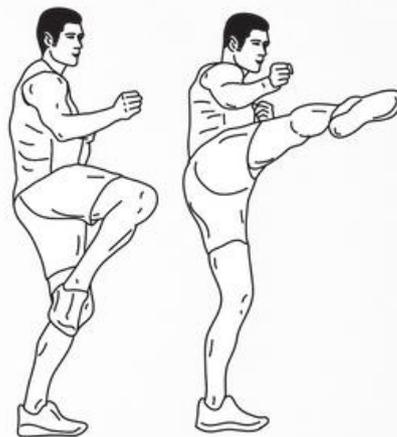
**1**

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

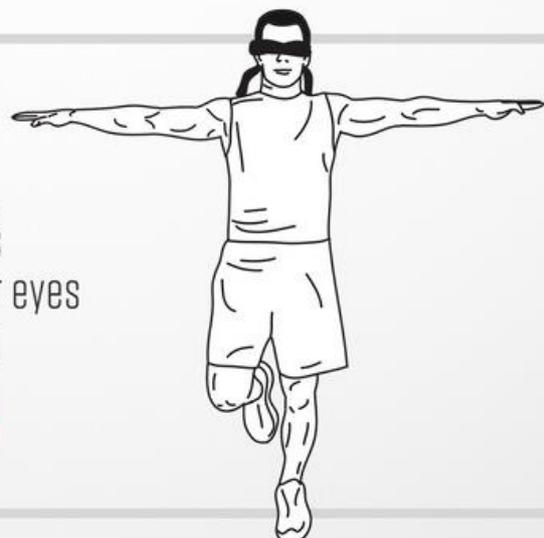


## FINISH

### 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

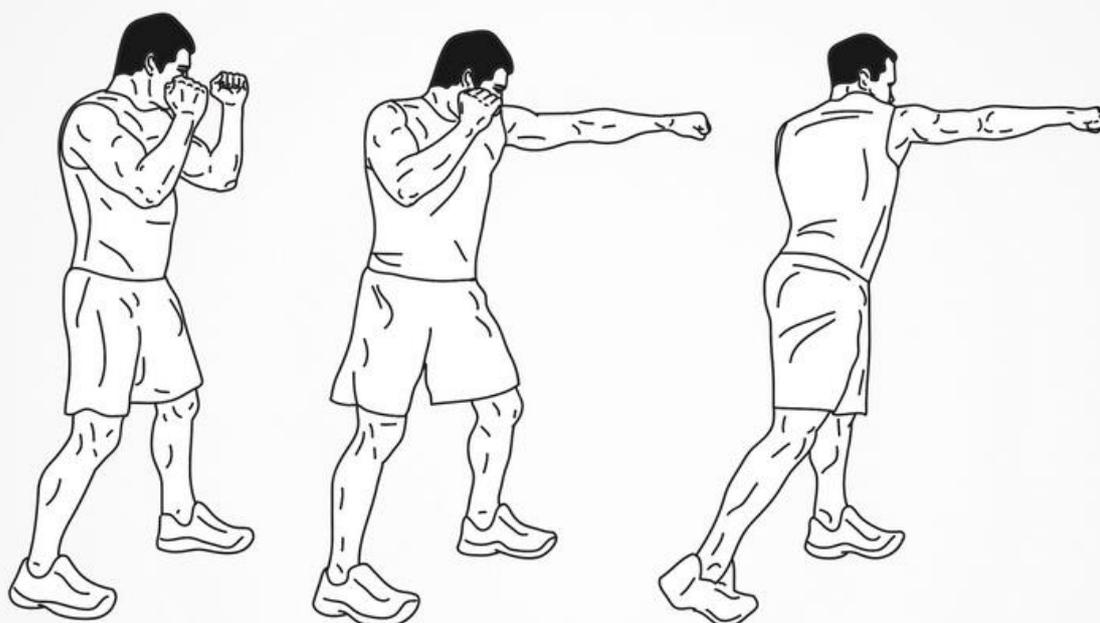
6



10 push-up + backfist



## Day 10 | Challenge



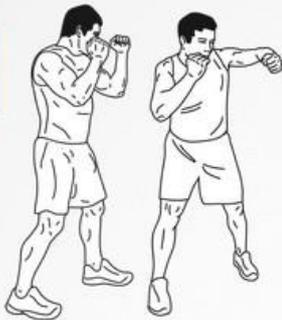
**1,000 punches**

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



## Day 11 | Close Contact

1



80 hooks

2



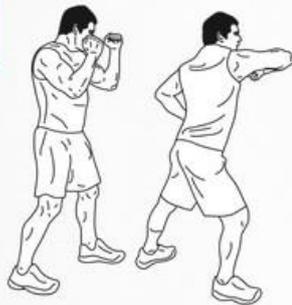
40 uppercuts

3



80 knee strikes

4



40 elbow strikes

5



80 knee strike + elbow strike

6



80 knee strike + hook

filler  
between  
each exercise



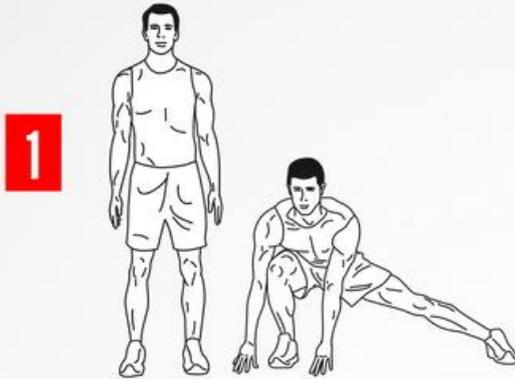
40 bounces



40 side leg raises



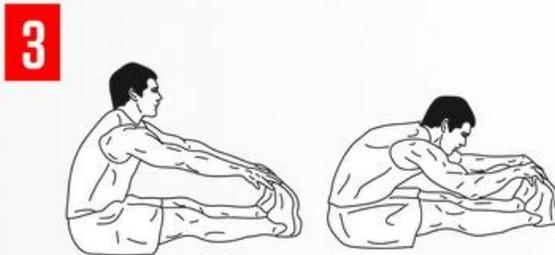
## Day 12 | Stretching



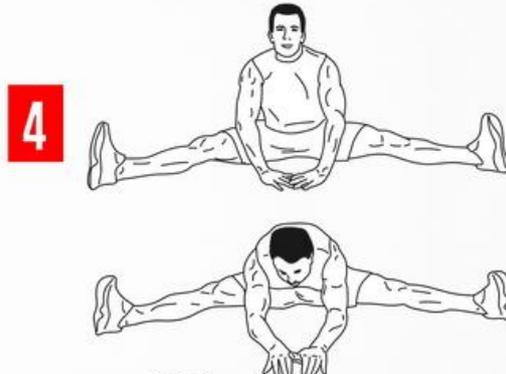
**60** side lunge stretch



**20** standing toe



**60** hamstring stretch



**20** forward bend

### FINISH

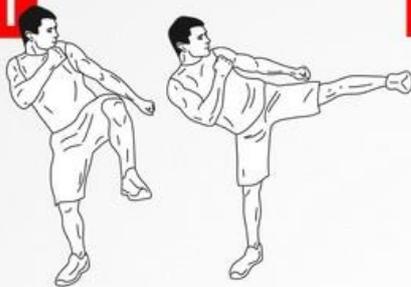
**2 minute**  
side split  
feet as far apart  
as possible





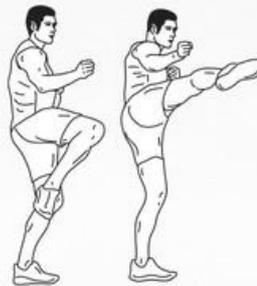
## Day 13 | Practice

1



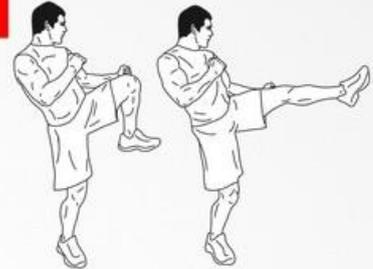
40 side kicks

2



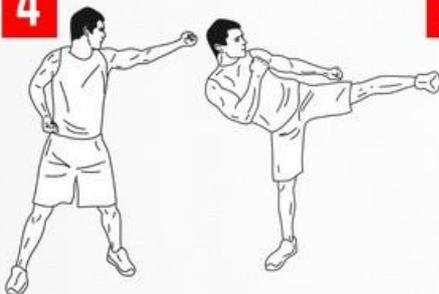
40 turning kicks

3



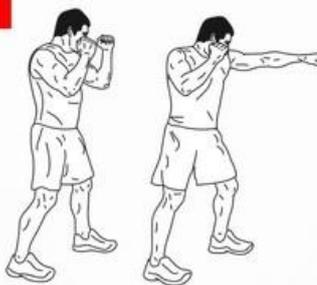
40 front snap kicks

4



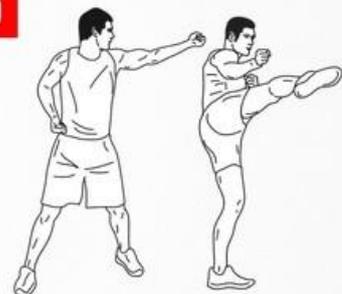
40 backfist + side kick

5



60 punches

6

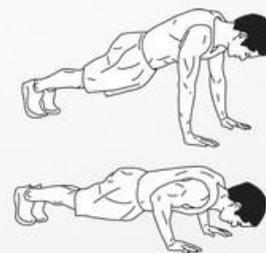


40 backfist + turning kick

filler  
between  
each exercise



10 double bounce squat

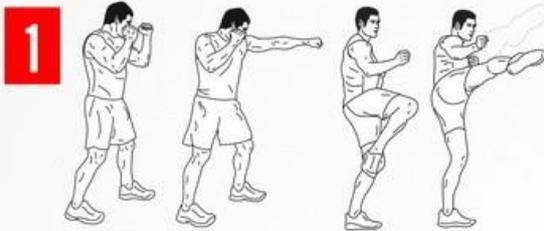


10 push-ups

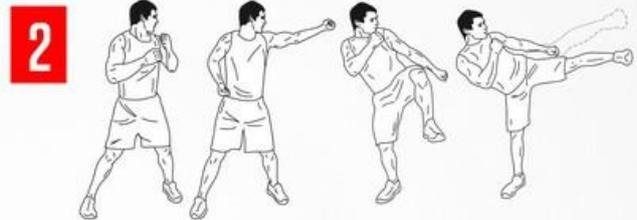


## Day 14 | Chuck Norris Tribute

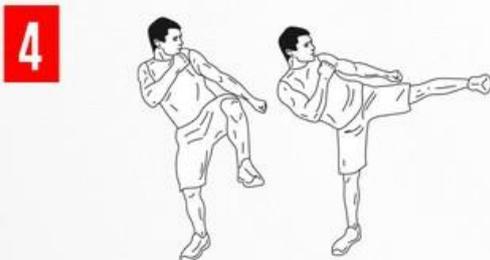
**Level I** 5 sets **Level II** 7 sets **Level III** 10 sets  
up to 2 minutes rest between sets



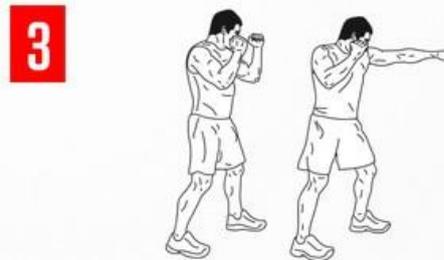
**1** 20 triple punch + double turning kick (mid-high)



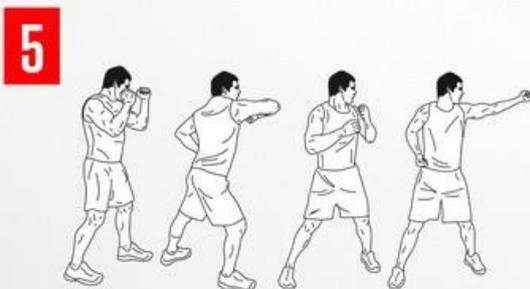
**2** 20 backfist + double side kick (mid-high)



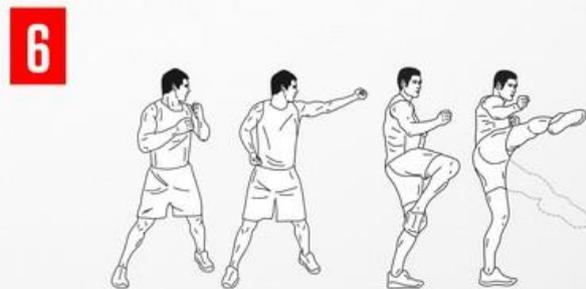
**4** 40 double side kick



**3** 40 double punch (mid/high)



**5** 20 elbow strike + backfist



**6** 20 backfist + double turning kick (low/mid)



## Day 15 | Power

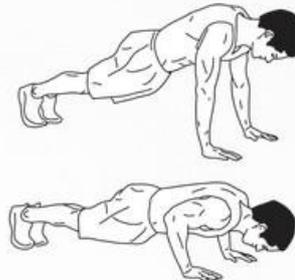
**Level I** 5 sets **Level II** 7 sets **Level III** 10 sets  
up to 2 minutes rest between sets

1



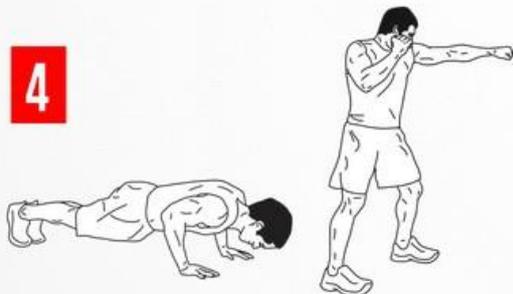
40 squats

2



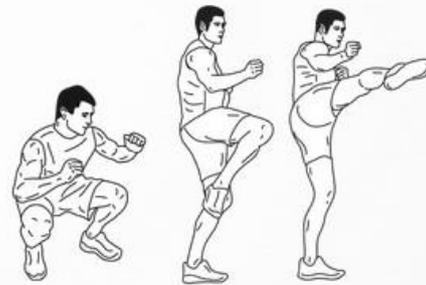
20 push-ups

4



10 push-up + double punch

3



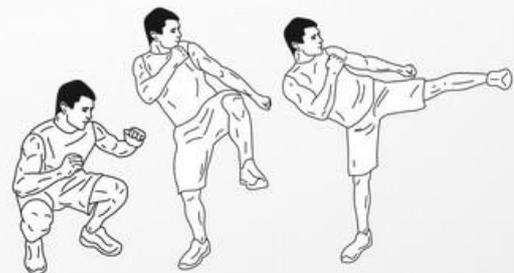
10 squat + turning kick

5



20 push-up + uppercut

6



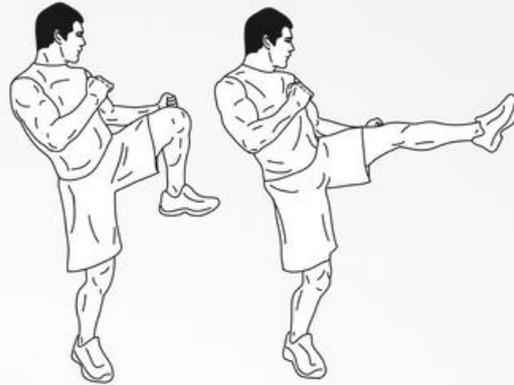
20 squat + side kick



## Day 16 | Balance

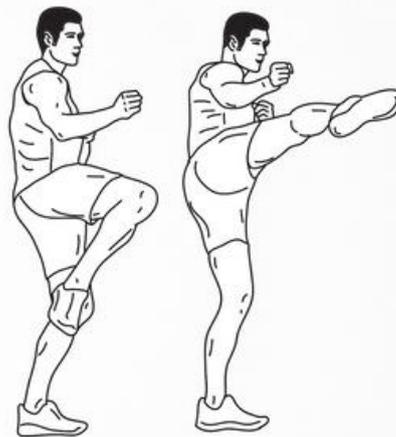
**1**

10 each side + 20 in total  
slow front snap kick



**2**

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

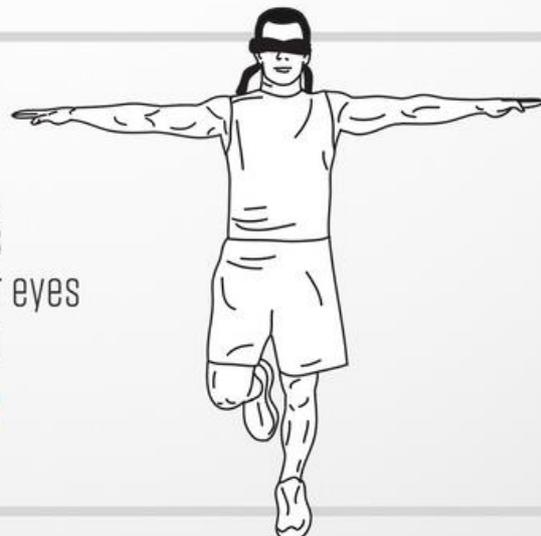


## FINISH

### blindfold

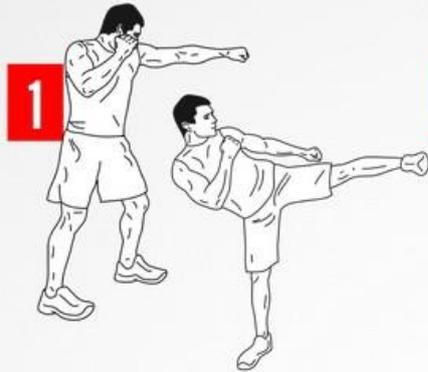
stand on one leg,  
arms out to sides  
– then close your eyes  
(or use blindfold)

**60 seconds**

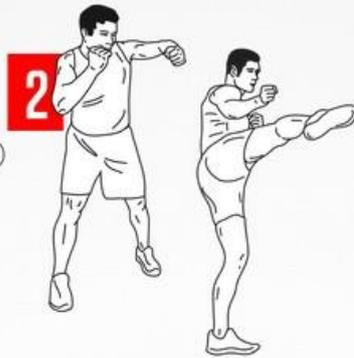




## Day 17 | Practice



**80** double punch + side kick



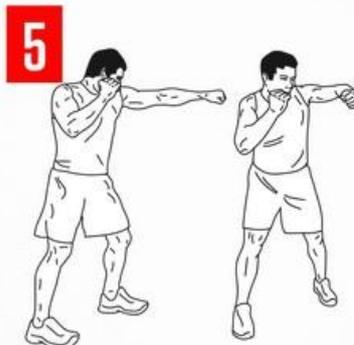
**40** hook + turning kick



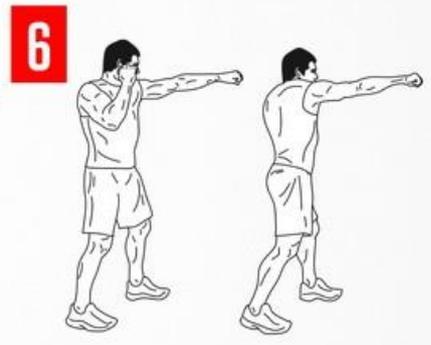
**80** backfist + side kick



**60** double side kick



**80** punch + hook

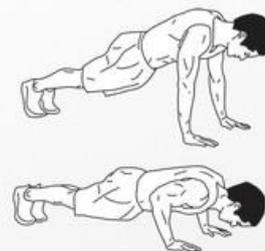


**80** jab + cross punch

filler  
between  
each exercise



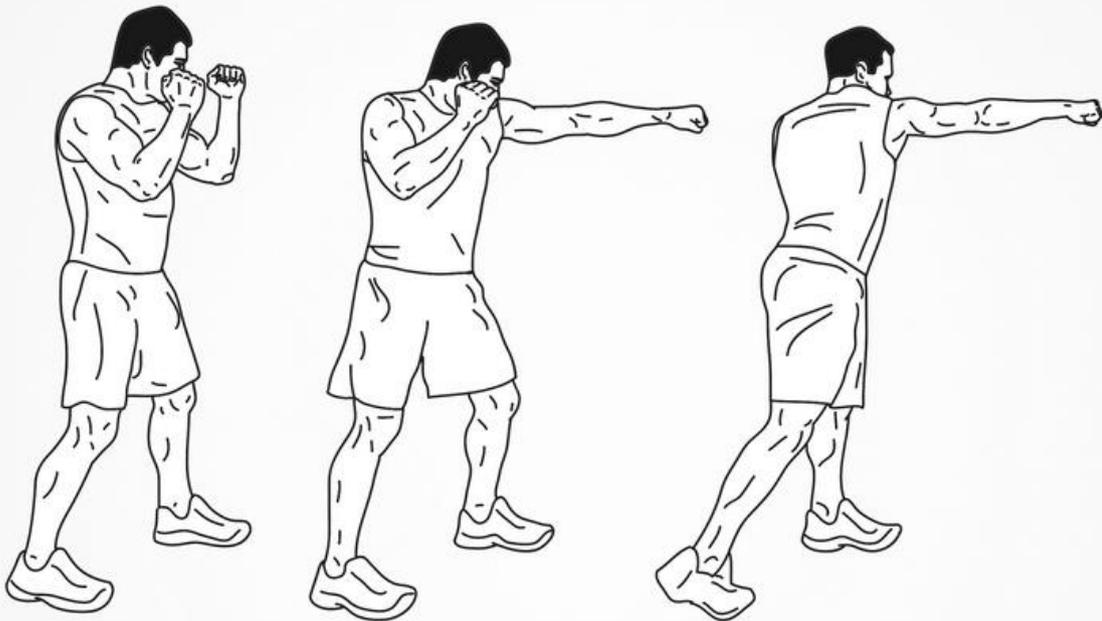
**20** high knees



**10** push-ups



## Day 18 | Challenge



**2,000 punches**

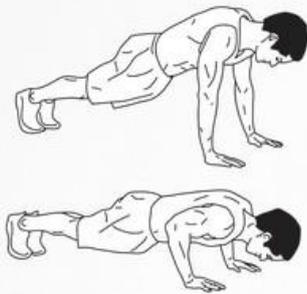
complete a total of 2,000 punches  
by the end of the day



## 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



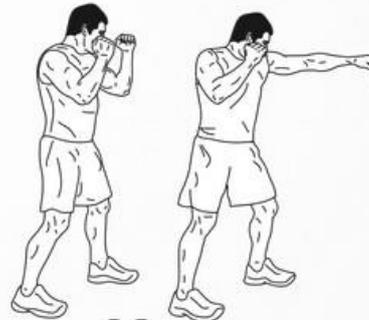
20 side kicks

4



10 squats

3



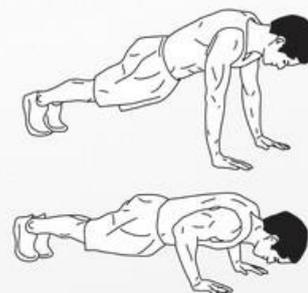
20 punches

5



10 squats

6

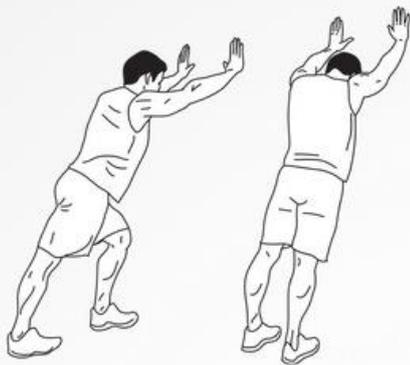


10 push-ups



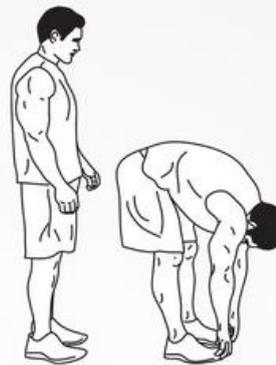
## Day 20 | Stretching

1



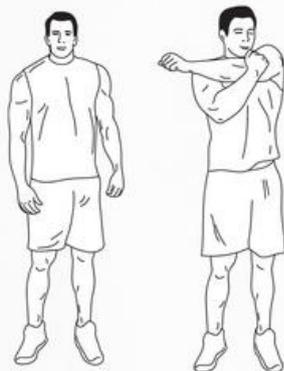
20 calves stretch

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

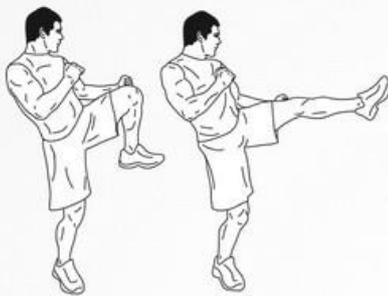




## Day 21 | Jackie Chan Tribute

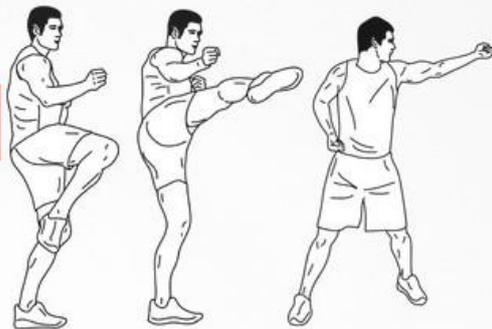
**Level I** 5 sets **Level II** 7 sets **Level III** 10 sets  
up to 2 minutes rest between sets

1



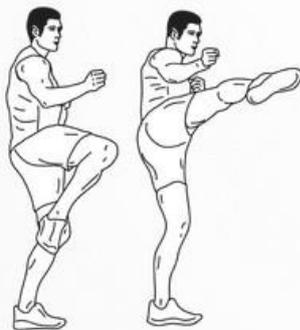
40 front snap kick

2



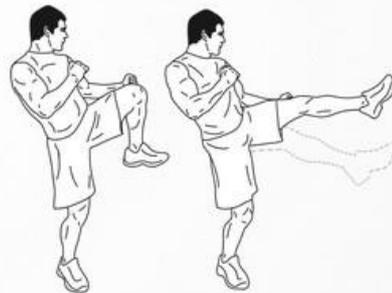
40 low turning kick + backfist

4



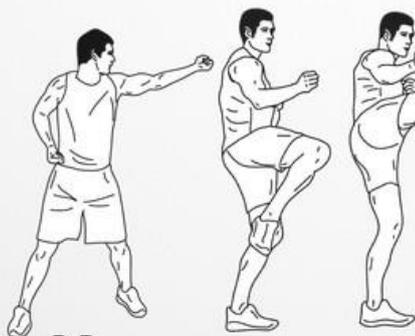
40 double turning kick

3



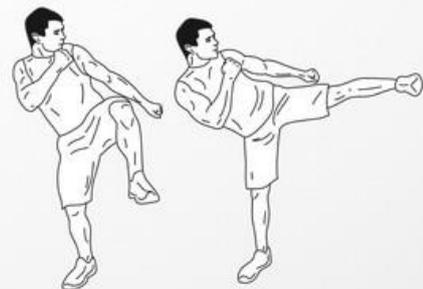
40 double front snap kick (low/high)

5



20 backfist + turning kick

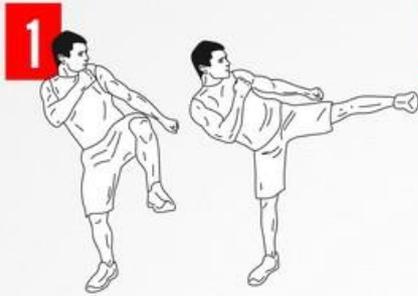
6



40 side kicks



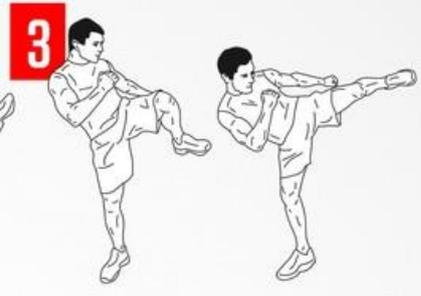
## Day 22 | Practice



**1**  
100 side kicks



**2**  
80 front snap kicks



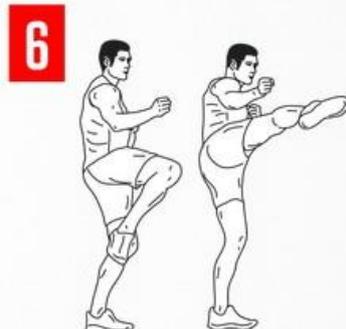
**3**  
40 hook kicks



**4**  
60 squat + backfist



**5**  
40 squat + side kick

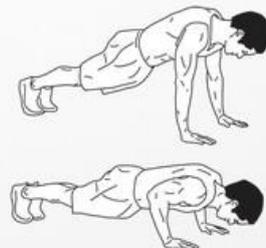


**6**  
100 turning kicks

filler  
between  
each exercise



40 bounces



10 push-ups



## Day 23 | Fists of Fury

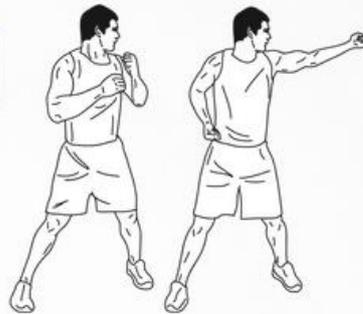
**Level I** 5 sets **Level II** 7 sets **Level III** 10 sets  
up to 2 minutes rest between sets

1



100 speed bag punches

2



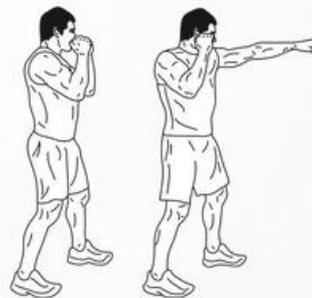
20 backfist

4



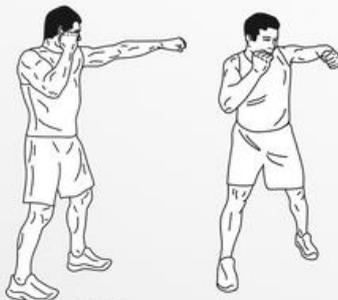
20 push-up + backfist

3



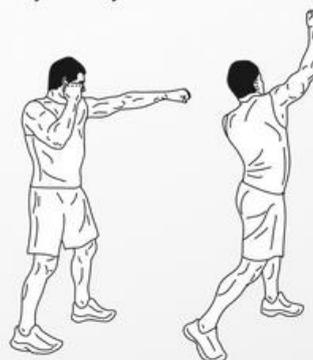
40 jab + jab + cross

5



40 jab + hook

6



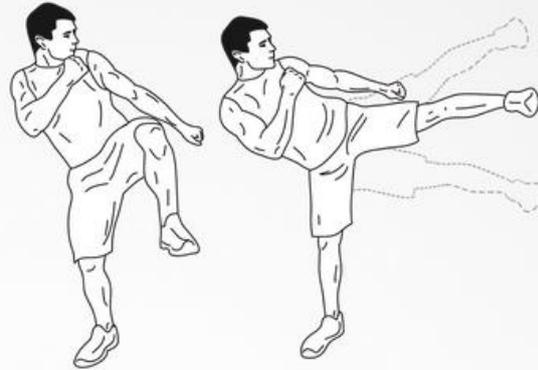
40 jab + uppercut



## Day 24 | Balance

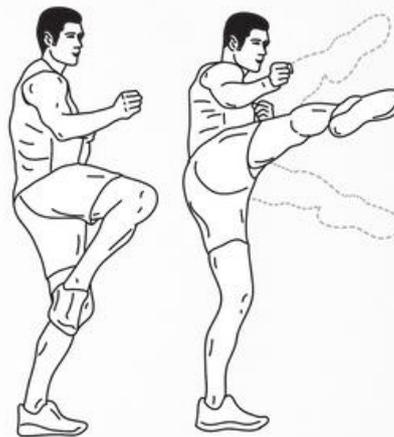
**1**

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)

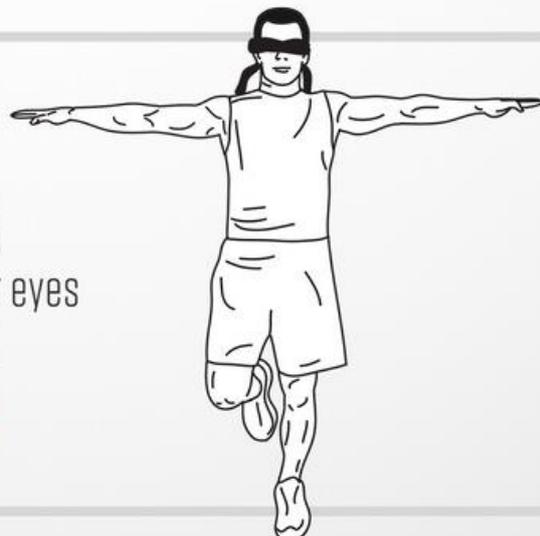


### FINISH

#### blindfold

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

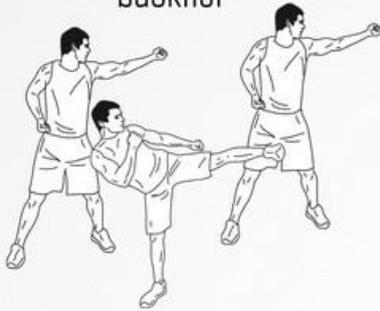
**60 seconds**



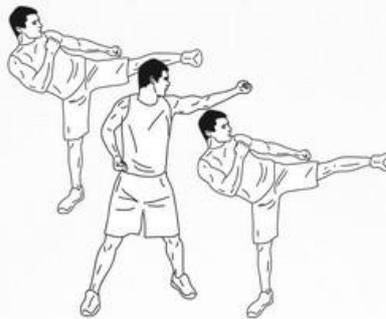


## Day 25 | The Great Combo 60 reps each

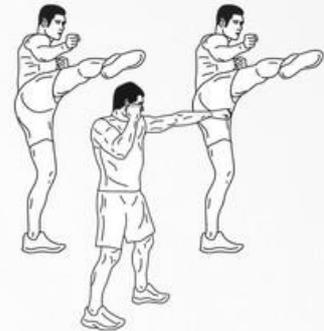
**1** backfist +  
side kick +  
backfist



**2** side kick +  
backfist +  
side kick



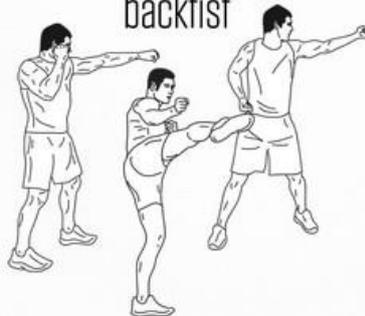
**3** turning kick +  
punch +  
turning kick



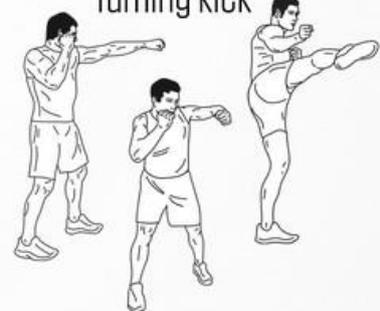
**4** front snap kick +  
side kick



**5** triple punch +  
turning kick +  
backfist



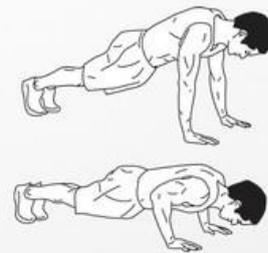
**6** jab +  
hook +  
turning kick



filler  
between  
each exercise



**10** double bounce squats



**10** push-ups



**Day 26** | **Speed**

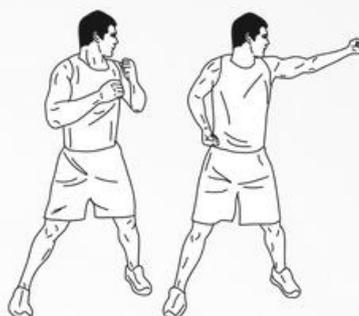
1 minute each | as fast as possible  
1 minute break between exercises

**1**



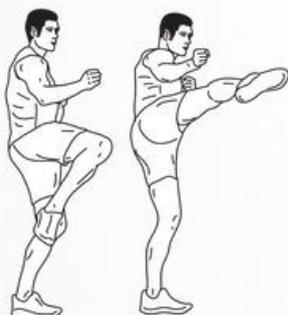
speed bag punches

**2**



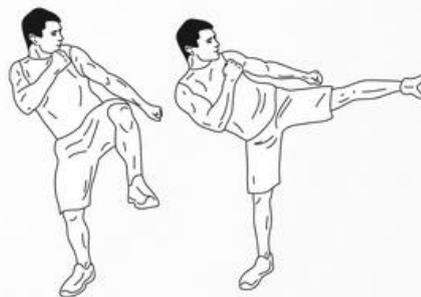
backfists

**4**



turning kicks

**3**



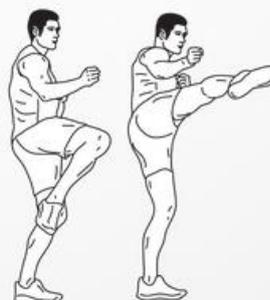
side kicks

**5**



front snap kicks

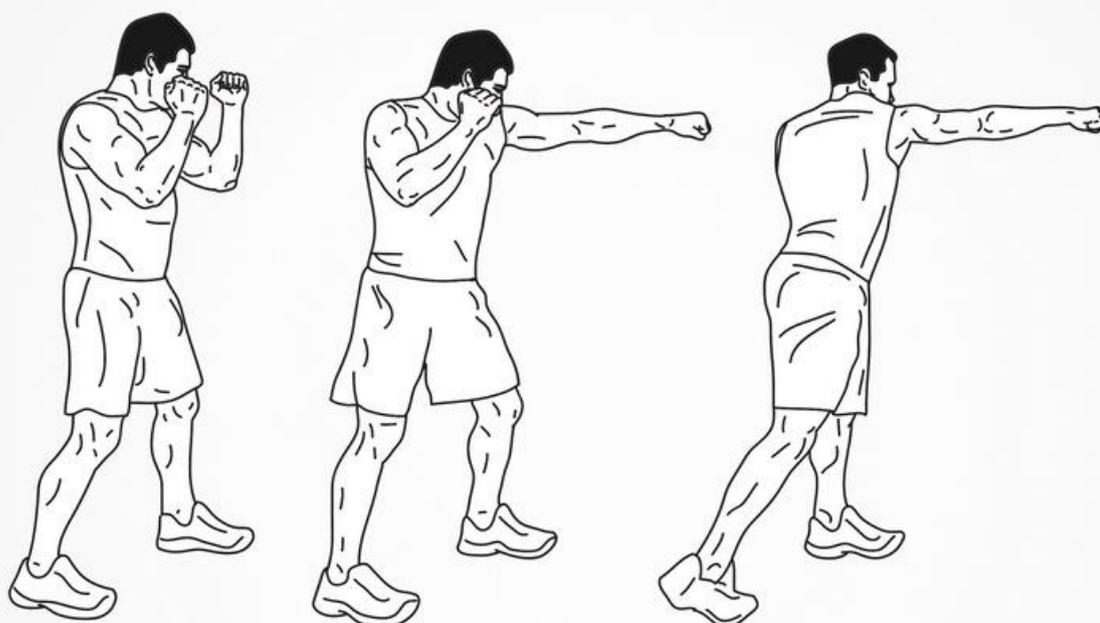
**6**



turning kicks (high/low)



## Day 27 | Challenge



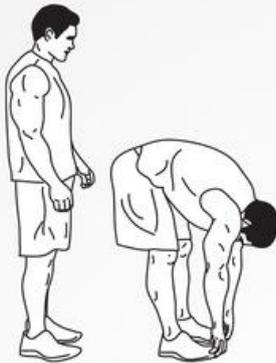
**3,000 punches**

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

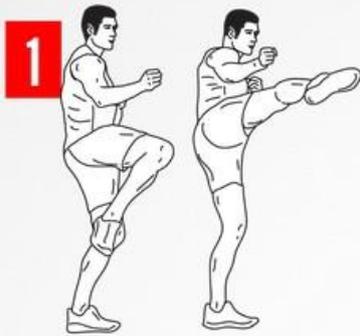
2 minute

side split  
feet as far apart  
as possible

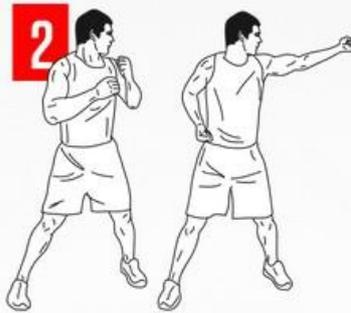




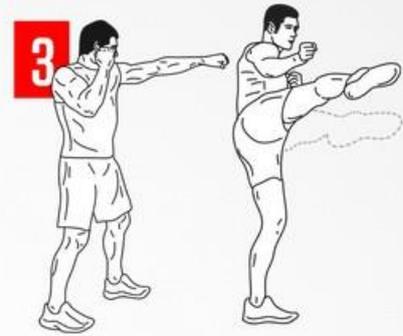
## Day 29 | Practice



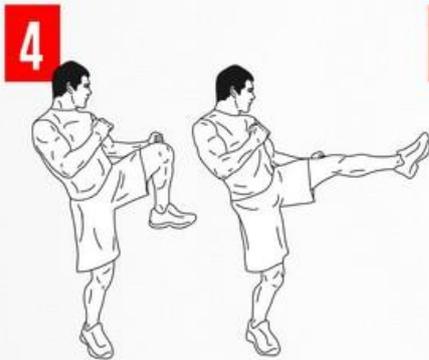
**1** 100 double turning kick



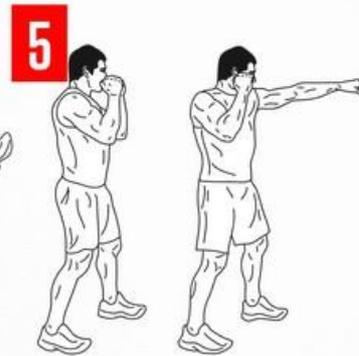
**2** 120 backfist



**3** 40 triple punch + double turning kick (low/high)



**4** 80 front snap kicks



**5** 100 double punches

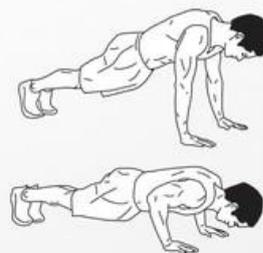


**6** 40 squat + side kick

filler  
between  
each exercise



40 bounce



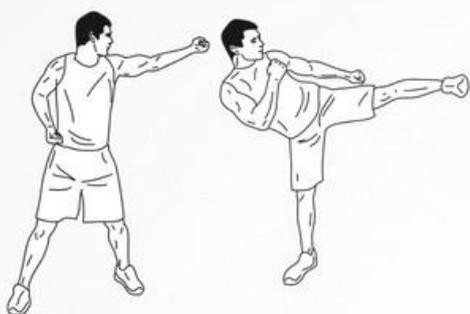
15 push-ups



## Day 30 | Bruce Lee Tribute

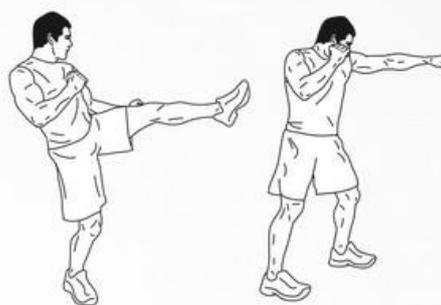
**Level I** 5 sets **Level II** 7 sets **Level III** 10 sets  
up to 2 minutes rest between sets

1



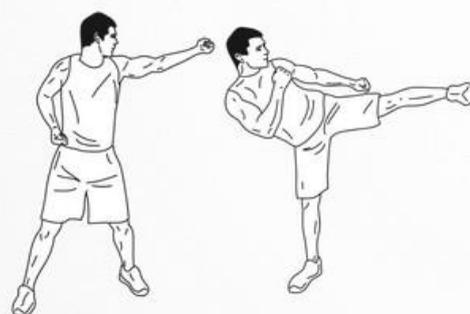
40 backfist + sidekick

2



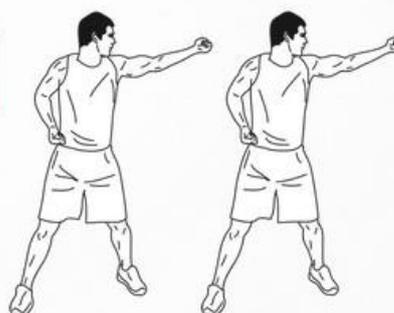
40 front snap kick + double punch

4



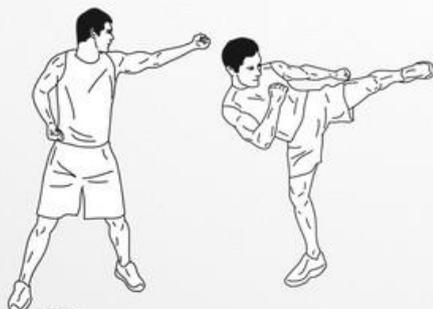
40 backfist + double side kick

3



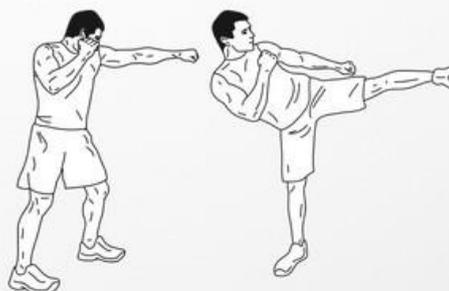
40 backfist + backfist

5



40 backfist + hook kick

6



40 triple jab + side kick