

Adult Advanced Week 1 Curriculum

Warmups

1. Jumping Jacks - 30 sec
2. Squats - 30 sec
3. Booty Kickers - 30 sec
4. Single Punch Series - 10 each (left & right side)

Boxing

1. Boxing #1-4 (10 sets with left side forward)
2. Ali Shuffle (30 sec)
3. Palm Strikes (10x each side)
4. Inverted T with Boxing

Pick an upper body exercise - Perform for 45 seconds

Self-Defense (5x on each side)

1. Single Wrist Grab
2. Double Wrist Grab
3. 2-on-1 Wrist Grab

Pick an lower body exercise - Perform for 45 seconds

Kicks (5x on each side)

1. Step Side Kick
2. Lead Leg Double Side Kick
3. Spin Side Kick
4. Skipping Side Kick

Pick an core exercise - Perform for 45 seconds

Final Exercises - Rail Kicks

1. Side Kick (5x on each side)
2. Hook Kick (5x on each side)

Cardio Blast (Repeat 5x)

1. 30 sec of high knees
2. 5 Push-Ups
3. 5 Sit-Ups
4. 5 Squats
5. 5 Jumping Jacks