

## Adult Advanced Week 2 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
4. Double High Wrist Grab
5. Cross 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

### Bonus

Hourglass Footwork Drill