

## Adult Advanced Week 3 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 (5 sets with left side forward)
2. Ali Shuffle (30 sec)
3. Buzzsaw (30 sec)
4. Palm Strikes (10x each side)
5. Inverted T with Boxing (30 sec)
6. Double Punch Series – 5 each (jab, cross / cross, jab / cross, hook / hook, cross)

### Pick an upper body exercise - Perform for 45 seconds

### Self-Defense (3x 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

### Escrima (5x each side)

1. Earth Six

### Pick an lower body exercise - Perform for 45 seconds

### Kicks (5x on each side)

1. Double Kicks (round, round / side, side / front, round / hook, round)
2. Skipping Side Kick
3. Skipping Round Kick
4. Skipping Hook 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