

Adult Basic 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 (10 sets with left side forward)
2. Ali Shuffle (30 sec)
3. Palm Strikes (10x each side)
4. Inverted T Movement Only

Pick an upper body exercise - Perform for 45 seconds

Self-Defense

1. Single Wrist Grab (5x on each side)
2. Double Wrist Grab (5x on each side)
3. Bicycle Kicks

Pick an lower body exercise - Perform for 45 seconds

Escrima Sticks (5x)

1. Strikes 1-7
 - White Belt through Orange Belt (right side only)
 - Yellow Belt (both sides)

Kicks (5x on each side)

White Belt - Step Side Kick

Orange / White Belt - Pick up Side Kick

Orange Belt - Half Spin Side

Yellow Belt - Full Spin Side

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