

Adult Intermediate Week 4 Curriculum

Warmups

1. Jumping Jacks - 30 sec
2. Squats - 30 sec
3. Booty Kickers - 30 sec
4. Single Punch Series - 5 each (left & right side)
5. Double Punch Series – 5 each (jab, cross / cross, jab / cross, hook / hook, cross)

Escrima (5x each side)

1. Double Horseshoe
2. Strikes 1-7 (both sides)

45 seconds of high knees – 5 push-ups, 5 sit-ups

Self-Defense

1. Single Wrist Grab (5x on each side)
2. Double Wrist Grab (5x on each side)
3. 2 on 1 Wrist Grab (5x on each side)
4. High Double Wrist Grab (5x on each side)

45 seconds of high knees – 5 push-ups, 5 sit-ups

Kicks (5x on each side)

1. Skipping Side Kick
2. Skipping Round Kick
3. Skipping Hook Kick

45 seconds of high knees – 5 push-ups, 5 sit-ups

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

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