Junior Intermediate 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 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. 2 on 1 Wrist Grab (5x on each side)
4. High Double Wrist Grab (5x on each side)

Pick an lower body exercise - Perform for 45 seconds

Kicks (10x on each side)
1. Step Side Kick
2. Pick up Side Kick
3. 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