

**Instructor Cheat Sheet:
Kickboxing Workout**

Warm Up

3 Sets :

2 minute Jump Rope

10 Push ups

Heavy Bag Drills

60 seconds each drill

Left Leg forward first... then same drills with the right leg forward

Set 1:

Single Jab

Double Jab

Push Kick

10 Push ups

Set 2:

1-2 Combination (jab, straight right)

1-2-1-2 Combination

Push Kick 1-2

Set 3:

Round Kick

2x Round Kick

Push Kick, Round Kick

25 Jumping Jacks

Set 4:

1-2, Round Kick

1-1-2, 2x Round Kick

Set 5:

Push Kick, 1-2-1-2, Round Kick

Set 6:

Round Kick, Round Kick (round kick right leg, round kick left leg)

Push Kick, 1-2, Round Kick, Round Kick

Set 7: Cardio Drill

60 seconds:

Straight Punches (left leg forward)

25 Jumping Jacks

Straight Punches (right leg forward)

Set 8: Cardio Drill

30 seconds:

Round Kick Drill (left leg forward, kicking with the right leg)

repeat with right leg forward, kicking with the left leg)

Abdominal Drills

15 ea Leg Alternating V Ups

25 Straight leg Toe Touches

15 V Ups

15 ea Leg Alternating Toe Touches

25 ea side Alternating Bicycles

Cool Down

10 – 15 minutes of stretching