

BOXING/MMA EXTRA

Pick 1 Option/Match and Complete with Intensity

12 Minute Match	16 Minute Match
ROUND 1	ROUND 1
Jab/Cross Bicycle - 30 sec.	Jab/Cross Bicycle - 45 sec.
Power Hooks - 30 sec.	Power Hooks - 45 sec.
Uppercuts - 30 sec.	Uppercuts - 45 sec.
Push Ups - 30 sec.	Push Ups - 45 sec.
1 min rest	1 min rest
ROUND 2	ROUND 2
Jab/Cross/Hook - 30 sec.	Body/Body/Head/Head (All Hooks) - 45 sec.
Body/Body/Head/Head (All Hooks) - 30 sec.	Jab/Cross - 45 sec.
Cross/Jab/Cross - 30 sec.	Jab/Cross Bicycle - 45 sec.
Jumping Jacks - 30 sec.	Burpees - 45 sec.
1 min rest	1 min rest
ROUND 3	ROUND 3
Jab/Cross Bicycle - 30 sec.	Jab/Cross/Hook/Hook - 45 sec.
Body/Body/Head/Head (All Hooks) - 30 sec.	Blitz (Any Punch, Be Relentless, FAST) - 45 sec.
Blitz (Any Punch, Be Relentless, FAST) - 30 sec.	Uppercuts - 45 sec.
Crunches - 30 sec.	Jumping Jacks - 45 sec.
1 min rest	1 min rest
ROUND 4	ROUND 4
Jab/Cross/Hook - 30 sec.	Jab/Cross - 45 sec.
Blitz (Any Punch, Be Relentless, FAST) - 30 sec.	Blitz (Any Punch, Be Relentless, FAST) - 45 sec.
Knockouts (Every Punch as Hard as Possible) - 30 sec.	Knockouts (Every Punch as Hard as Possible) - 45 sec.
Burpees - 30 sec.	Crunches - 45 sec.
Rest and Recover	Rest and Recover