Title: Shadow Boxing

Primary Muscle Groups: Abs, Biceps, Shoulders, Triceps

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.</span></li>

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