

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
20 Jumping Jacks	10 Push Ups	20 Alt Kicks	20 Alt Punches	20 Mountain Climbers
10 Jabs	10 Leg Lifts	10 Burpees	10 Round Kicks	20 Jab/ Cross/ Hook
10 Hook/ Uppercut	10 Front Kicks	15 Back Knees	15 Plank Jacks	20 Push Ups
20 Front Kick/ Jab/ Cross	5 Super Jacks	10 Side Kicks	20 Squats	10 Back Leg Front Kicks
10 Hook Kicks	20 Speed Skates	1 Min Plank	60 Alt Punches	6 chops

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
5 Side Kick/ Hook Kick	40 Alt Kicks	8 Blocks	10 Jabs	5 Super Jacks
10 Side Kicks	10 Round Kicks	20 Alt Kicks	10 Back Leg Front Kicks	10 Leg Lifts
20 Jumping Jacks	10 Jab/ Cross	20 Jab/ Cross/ Hook	10 Hook Kicks	15 Back Knees
20 Mountain Climbers	10 Back Kicks *Ground*	60 Alt Punches	10 Push Ups	1 Min Plank
10 Front Kicks	20 Squats	20 Push Ups	6 chops	10 Sit Ups