



# Green Belt Techniques

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| Information                             |   |                                  |                         |  |
|---|---|----------------------------------|-------------------------|--|
| Techniques                              | Workouts  | 1                                | 2                       |  |
| Jab <a href="#">Link</a>                | Squats - 1 x 20   "d 1 <a href="#">Link</a> u t e | <a href="#">Link</a>             | hi <a href="#">Link</a> |  |
| Cross <a href="#">Link</a>              |   | information <a href="#">Link</a> |                         |  |
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| 3                                       | 4   | 5                                | Notes                   |  |
| hi - 3s   1 minute <a href="#">Link</a> | hi - 10r <a href="#">Link</a>                     | <a href="#">Link</a>             |                         |  |
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