

1 Fitness-1

Side Step Arm Cross
High Knee March
Arm Circles
Toe Touch Circles
Squats
Torso Rotation + Knee
Boxer Shuffle
Up & Outs
Jumping Jacks
(Jab, Cross) \times 2 , Uppercut \times 2
Hook \times 2 , Uppercut \times 2
Jab , Cross (Burnout)
Alternating Toe Touch Cross
Alternating Back Bow Rotation
Crunch
Hook \times 2 , Knee \times 2
(Jab, Cross) \times 2 , Knee \times 2
Duck \times 2 , Jab , Cross
Knee (Burnout)
Jackknife Crunch
Side Hip Raise
Back Bow

2 Fitness-2

High Knee Pulls
Torso Twist
Lateral Step Stretch
Arm Circle Kickers
Slow Hooks
Chest Opener
Toe Touch Circles
Squats
Boxer Shuffle
Front Jacks
Jumping Jacks
Uppercut $\times 2$, Knee $\times 2$
Jab $\times 2$, Cross , Uppercut $\times 2$
Tricep KickBack + Step/Lunge
Bicep Curls
Knee $\times 2$, Hook $\times 2$
Cross $\times 2$, Side Kick
Chest Press
Bentover Fly
Duck , Jab , Cross
Round Kick + 2 Front Punches
Dumbbell Drop
Dumbbell Lateral Raises
Push-Ups
Lateral Jumps
Fly Pulses
Walkdowns