

KICKBOXING DRILLS



Boxing Jab



Boxing Cross



Boxing Left Hook



Boxing Right Uppercut



Boxing Left Uppercut



Right Hook to Body



Left Hook to Body



Overhand Right



Right Roundhouse Kick



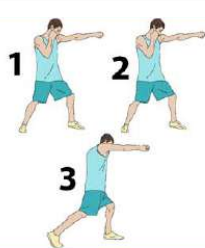
Front Kick



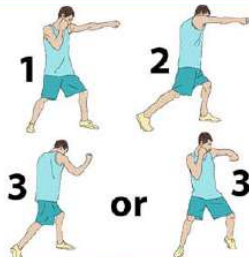
Left Roundhouse Kick



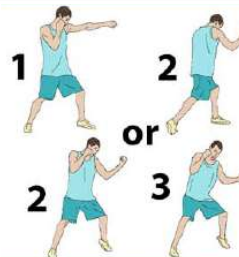
Knee Strikes



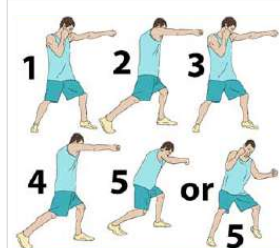
Jab-Jab-Cross



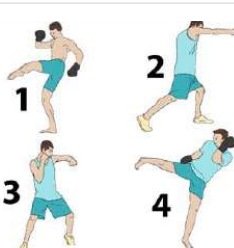
Jab-Cross-Right or Left Hook



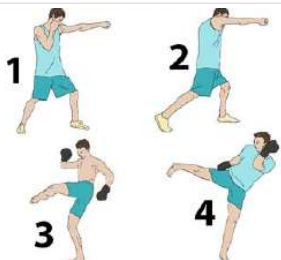
Jab-Right or Left Uppercut-Cross



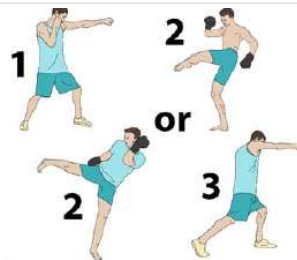
Jab-Cross-Jab-Cross-Right or Left Hook



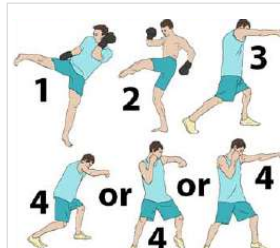
Left Kick-Cross-Hook-Right Kick



Jab-Cross-Left Kick-Right Kick

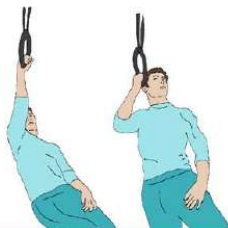


Jab-Double Left Kick or Double Right Kick-Cross



Right Kick-Left Kick-Cross & Hook or L Hook or Jab

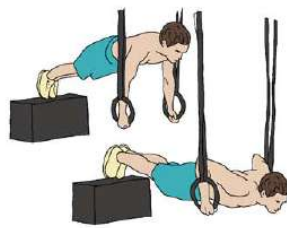
GYMNASTIC RINGS



Single-Arm Inverse Row



Ring Squats



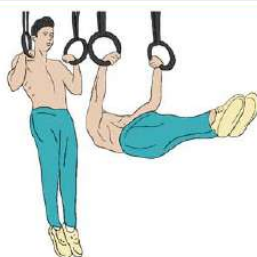
Elevated Push-Ups



Ring Pull-Ups



Ring Triceps Rollout



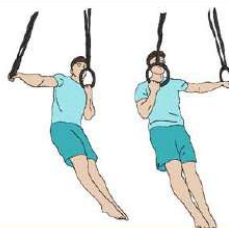
Pull-Up to Lever



Skin the Cat



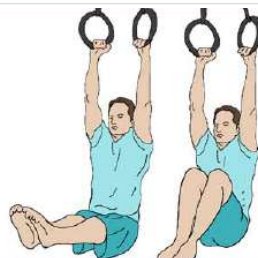
Rings 360 Twist



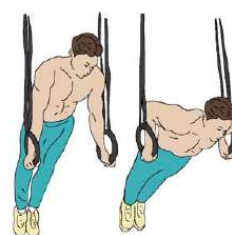
Archer Pull-Up



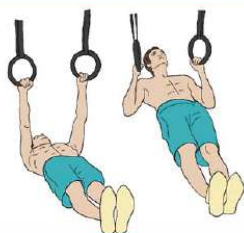
L-Sit Hanging Hold



L-Sit Hanging Crunch



Ring Push-Up Hold



Ring Inverse Row



Gymnastic Leg Wide Pose



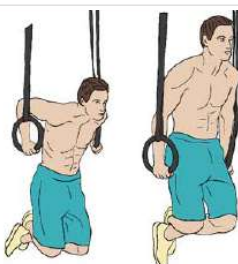
Ring L-Sit Open Wide



Ring Pull-Up Fly



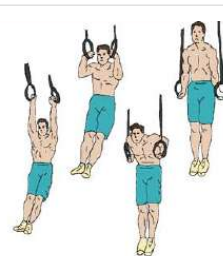
Ring Superman Pose



Ring Dips



Handstand Push-Ups



Muscle-Up Sequence

SANDBAG TRAINING



Bag 360 Swing



Bag Lamb Swing



Bag Snatch Overhead



Bag Squat



Bag Front Lunge



Bag Swing Inside



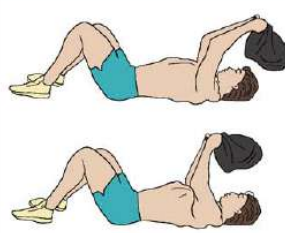
Bag Glute Bridge



Bulgarian Bench Squat



Crank the Mower



Lying Triceps Extension



Alternate Shoulder Press



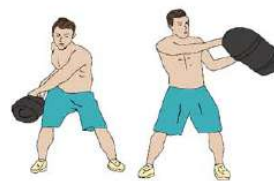
Lying Triceps Extension



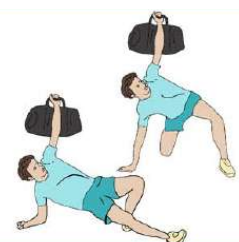
Front-Load Jump Squat



Bag Squeeze to Press Up



Bag to Toes



Turkish Core Exercise



Hanging Biceps Curl



Bag Sumo Squat



Bag Clean Raise



Bag Weighted Squat

SMITH MACHINE EXERCISES



45-Degree Bent-Over Row



Behind-the-Back Shrug



Behind-the-Neck Press



Behind-the-Neck Squat



Calf Raise



Close-Grip Triceps Press



Cross-Grip Front Squat



Stiff-Leg Deadlift



Donkey Kicks



Drag Curls



Triceps Incline Extensions



Glute Bridge Hip Thrust



Incline / Decline Press



Inverted Row



Leg Press



Overhead Shoulder Press



Reverse-Grip Press



Single-Leg Split Squat



Static Lunges



Upright Row

STICK MOBILITY



45-Degree Seated Bends



Touch the Toes Sideways



Seated Leg Cross



Chest Press



Hook the Floor



Warrior Lunges



Side Lunges



Back Straightener



Twisted Side Lunges



Arrow Lunges



Lumbarum Kneeling Stretch



Lunge & Cross Stretch



Chest Stretch



Low-Back Rolling Massage



Side Bend Stretch & Reach



Alternate Side Bend



Quadratus Stretch



Lying Arm Stretch



Rotator Cuff Up-Down



Rotator Cuff Twisting

GYM TIRE EXERCISES



Split Lunge & Twist



Low Toe Taps



Tire Walk Carry



Step In-Step Out



Tire Squat to Raise



Tire Holding Squats



Tire Alternate Twist Lunge



Tire Leg Press



Tire Lying Chest Press



Alternate Tire Side Flips



Tire Trap Crunches



Tire Dips



Pop Squats



Bag Squeeze to Press Up



Rollout



High Toe Taps



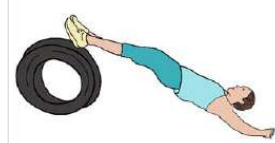
Hand-to-Leg Hold Crunch



Tire Crunches



Plank Tire Rollout



Bridge Tire Rollout

YOGA POSES



Single-Leg Bridge Pose



Boat Pose



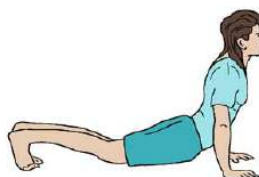
Superman Pose



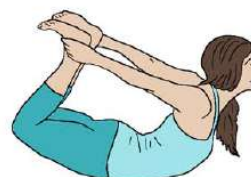
Plank Pose



Upward-Facing Dog Pose



Hindu Push-Up



The Dart Pose



Side-Lying Leg Raise Pose



Side Plank Hand Raise



Warrior Pose (Hand Up)



Warrior Pose (Flat Hands)



Warrior Extended Pose



Half Moon Pose



Warrior Leg Raise Pose



Warrior Hand Stretch Pose



Seated Side Bends



Seated Twisted Bend



Hand-to-Knee Pose



Seated Side Bend Tilted



Forward Bend Pose