

Power Punch

Video 1: Intro, Skills and Drills

Fighting Stance

Jab

Cross

Upper Cuts

Hooks

Workout Format:

45 seconds per drill

Move right to the next one

Repeat circuits the desired amount, I recommend doing each circuit once and then go back to repeat 3-6 times with 1-2 minute(s) of rest between circuits!

Video 2: Circuit 1

Jab Cross

Hook, Upper Cut, Plank, Pop

Air Skipping Rope

Jumping Jacks

Circuit 2

Jab, Cross, Hook x2, Block

10 Mountain Climbers + 1 Push Up (repeat)

Upper Cuts

Crab Toe Touches

Video 3: Circuit 3

Jab Cross, Upper Cut x2, 2 Right Knees

Fast Feet

Wall Sit with front jabs

Sit Ups with Jabs

Circuit 4

Hook x2, Right Knee, Round House Kick

Push Ups

Squat Jumps

Plank

