

## **Power Punch by Avi V.**

### Description & Equipment

2 Disposable water bottles

This workout consists 5 work blocks:

- Every block is 3 mins long
- Every Exercise is 30 sec long
- Each block has 4 exercises
- Complete 2 rounds of each block before moving to the next block.

### The Workout

#### Block 1

1. 2 Jabs + 1 Cross
  2. Mountain Climbers
- REST 30 sec
3. Speed Boxing
  4. Sprawls
- REST 30 sec

#### Block 2

1. Upper Cuts
  2. Wall Sits + Punches
- REST 30 sec
3. Hurdles
  4. Hinge to a Squat
- REST 30 sec

#### Block 3

1. Hooks
  2. Seal Jacks
- REST 30 sec
3. Upper cuts + Hook
  4. Plank with Punches
- REST 30 sec

#### Block 4

1. Single+Double+Triple Drill
  2. Fast Feet
- REST 30 sec
3. Combo Set
  4. Squat Jumps
- REST 30 sec

Block 5

1. Partial Sit-Up

2. V tucks

REST 30 sec

3. Russian Twists

4. Plank taps

REST 30 sec

Make sure to stretch each main muscle group and any other areas of tension.

Please watch the videos on our Facebook Page to look at different modifications and options.

Let me know in the comments on Facebook what you think about this workout.

Go team !!