

Power Punch to the People!

By Karen Nixon-Carroll

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Join me for a sweat fest and leave your stress on the floor with this high energy, easy to execute routine. You can follow my playlist on Spotify (Power Punch Feb 2020) or cue up the list on your streaming service. You can also play your own music, however the sets and reps are timed to the length of the songs in this list. It is not choreographed to fit perfectly with beat or musical changes but the intensity of the song listed brings out the intensity of the moves.

Video 1:

1. **Warm up** (Punchin' Bag, Cage the Elephant)
 - Focus on dynamic and gradual movements to promote mobility at each joint and warm the muscles
2. **Skills** (Pump it, Black Eyed Peas)
 - Focus on basic technique of front and side kicks, front jabs, cross/power punch, upper cut and hooks
3. **Cardio Power Circuit** (Ready to Go, Republica)
 - Follow with song changes or 45 seconds each move
 - Focus is on Skipping / Simulated skipping or boxer shuffle and squat kicks

Video 2:

4. **Punch Combo** (Beat it, Fall Out Boy)
 - Front jabs, Cross Jabs, Jab/Cross Combo
 - 10-16 of each
5. **Upper/Lower Combo** (Celebrity Skin, Hole)
 - Combo 1: Jab, Cross, lunge, power front kick, 4-6 times, repeat other side
 - Combo 2: Uppercuts, Squat, Fast feet jog, 1 time, then repeat both combos
6. **Upper Body Strength and Power** (Break on Through, Violent Idols & Andy James)
 - Burpees, Walking Burpee or power squat to alternating lunge (15 reps or 1 minute)
 - Plank Jacks or wide toe taps (30-45 seconds)
 - Plank Punch (knees or toes) (30 seconds)
 - Repeat all
7. **Strength Circuit** (I don't care, Fall Out Boy)
 - Squats, 8-16
 - Squat to lunge combo, 8-16
 - Push ups, 8-16
 - Repeat all

Video 3:

8. **Strength Circuit 2** (Kick them wicked things, The Glorious Sons)
 - Lunge to front Kick, 8-10x
 - Alternating Walking Plank, 10-12x
 - Repeat other side
9. **Cardio Power Circuit** (Kick, INXS)
 - Cross Jabs, Squats with High/Low punch, Alternating Side Kicks, Low kicks or Soccer traps
 - 10-16 each, 3-4 rounds
10. **Upper and Core Strength** (Warriors, Imagine Dragons)
 - Push ups, Side Planks, Pike to plank, Pike Shoulder Press
 - 10-16 each and repeat
11. **Core Focus** (Fight the Power, Public Enemy)
 - Tuck and extension punch, Side roll and 2x punch right, bridge Kicks, Side Roll and 2x punch left
 - 8-12 each, repeat
12. **Stretch** (You need to calm down, Taylor Swift)
 - Full Body static stretches for 10-20 seconds each.
13. **Reflection / Meditation** (Easy, Camila Cabello)