

Power Punch Circuit – May 7th 2020

Each circuit contains a punching combination and a cardio exercise. Each exercise will be 30 seconds. Complete both exercises, rest 30 seconds and repeat circuit 3 times.

Circuit 1

- Punch Combo
 - Double Jab
 - Double Cross
 - Uppercut
 - Uppercut
 - Jab
 - Cross
- Alternating Squat Front Kick

Circuit 2

- Punch Combo
 - 10 Jab Cross Combo
 - 10 Alternating Uppercuts
- Cardio Move
 - 2 Knee Smash (Right)
 - 2 Knee Smash (Left)
 - 4 Jumping Jacks

Circuit 3

- Punch Combo
 - Double Jab
 - Double Cross
 - Uppercut
 - Uppercut
 - Hook
 - Hook
- Squat Punches (4) + Kick

Core Circuit

- Toe Touch Crunches
- V-Sit with Cross Body Punches
- Plank Hold

Disclaimer

Please remember, it is advised that you or any of your family members that may also be joining this class, consult your physician before starting any exercise program, especially if you have any known medical conditions or are pregnant. If you experience any dizziness or feel faint

during this class, please stop immediately. We are not able to assume liability for any incident or injury. Prior to participating in a this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the "Get Active Questionnaire of the Canadian Society of Exercise Physiology and its reference document. Simply click on the links below.

http://www.csep.ca/CMFiles/GAQ_CSEPPATHReadinessForm_2pages.pdf

http://www.csep.ca/CMFiles/publications/GAQ_ReferenceDoc_2pages.pdf