

# UFIT Workout 12

Kickboxing Circuit:

30 seconds on each move

Repeat 2-3X through

Set 1:

Jab punches (quick pace)

Front kicks

Jump Rope

Set 2:

Alternating hooks

Back Kicks

Bob & Weave

Set 3:

Uppercuts

Side kicks

Boxer shuffle (quick feet, hands up to protect)

Set 4:

Jab, cross combo right leg in front

Knee Strikes

Jumping jack to jab

Set 5:

Jab, cross combo left leg in front

Squat to side kick

Speed roll butt kicks

Set 6:

Power punch combo: Jab, cross, hook, uppercut (alternating arms)

Low squat quick uppercuts

High hook, low hook on left – High Hook, low hook on right