

Boxercise ROUND 2!

30 Minutes

3 Minute Stations:

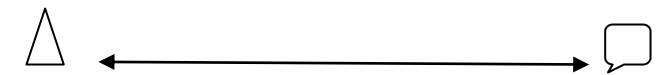
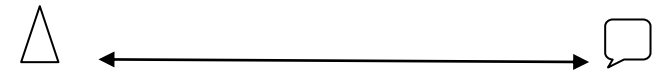
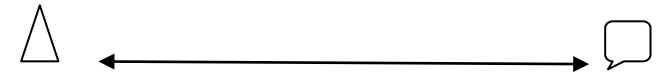
If you are in partners, count for each other, call out and encourage!

Round 1: Jabs

Jabsx10 Jog backwards to cone, 4 squats, Sprint forward.

Jabsx20 Jog backwards to cone, 3 squats, Sprint forward.

Jabsx30 Jog backwards to cone, 2 squats, Sprint forward.

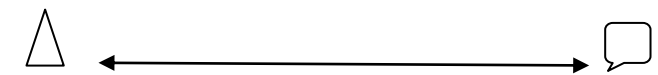
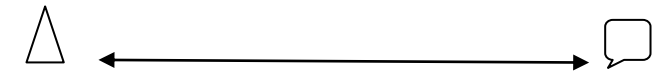


Round 2: Hooks

Hooksx10 Jog backwards to cone, 4 Star Jumps, Sprint forward.

Hooksx20 Jog backwards to cone, 3 Star Jumps, Sprint forward.

Hooksx30 Jog backwards to cone, 2 Star Jumps, Sprint forward.

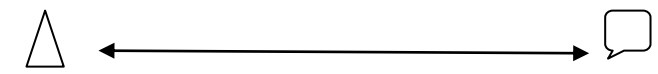


Round 3: Uppercuts

Uppercutsx10 Jog backwards to cone, 3 Burpees, Sprint forward.

Uppercutsx20 Jog backwards to cone, 2 Burpees, Sprint forward.

Uppercutsx30 Jog backwards to cone, 1 Burpees, Sprint forward.



Write down your score on your 30 Days of Fitness Sheet and try and beat it next time! **And Don't Forget to Wash Your Hands after!**