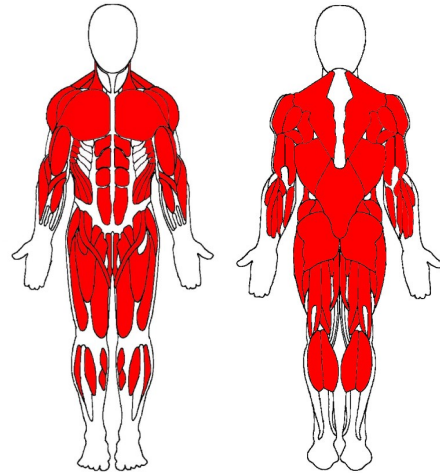


EXERCISES

- 01** Jab / Cross Jabs
- 02** Hooks
- 03** Upper Cuts
- 04** Knee Strikes
- 05** Front Kicks
- 06** Hook Kicks
- 07** Side Kicks

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Beginner
- Sets** 2-3
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 6-7 RPE
- Freq** 2X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** None

NOTES

- Modify any exercise based on your ability

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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ROUTINE # 137

Frequency: 2 wk Reps: 8-12
Duration: 8-12 wks Rest: 1-2 minutes
Sets: 2-3 Load: 6-7 RPE



Jab / Cross Jabs



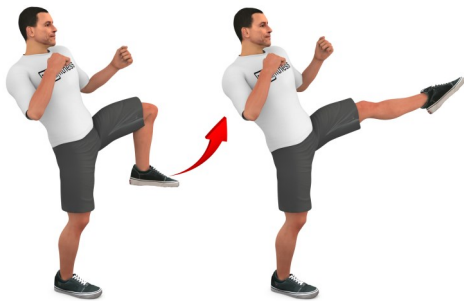
Hooks



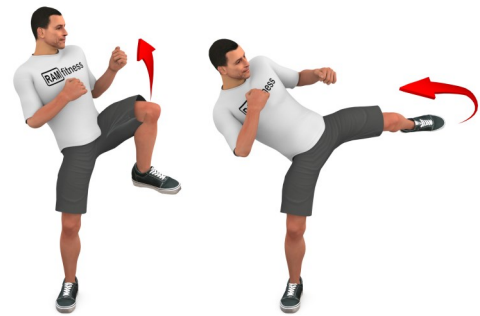
Upper Cuts



Knee Strikes



Front Kicks



Hook Kicks



Side Kicks

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ROUTINE # 137

Frequency: 2 wk **Reps:** 8-12
Duration: 8-12 wks **Rest:** 1-2 minutes
Sets: 2-3 **Load:** 6-7 RPE

Week#:	Day:	Date:	Machine Settings	1RM	Set 1		Set 2		Set 3	
					Wt	Reps	Wt	Reps	Wt	Reps
Kickboxing - Jab / Cross Jabs										
Kickboxing - Hooks										
Kickboxing - Upper Cuts										
Kickboxing - Knee Strikes										
Kickboxing - Front Kicks										
Kickboxing - Hook Kicks										
Kickboxing - Side Kicks										

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