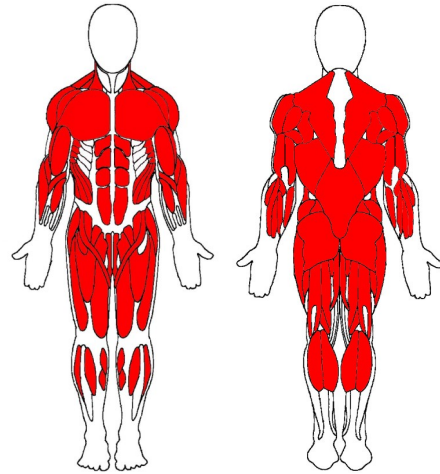


EXERCISES

- 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** Muscular Endurance
- Level** Beginner
- Sets** 3-4
- Reps** 15-25+
- Rest** 30-45 seconds
- Load** 4-7 RPE
- Freq** 2-3X Week
- Prog** WP+10%
- Dur** 4-8 weeks
- Equip** None

NOTES

- Modify any exercise based on your ability

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

©2021 COPYRIGHT FLASH ROUTINE IS A PROPERTY OF RAMFITNESS, LLC.

PERSONAL USE ONLY. NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER. RAMFITNESS.COM



ROUTINE # 138

Frequency: 2-3 wk Reps: 15-25+
Duration: 4-8 wks Rest: 30-45 seconds
Sets: 3-4 Load: 4-7 RPE



Jab / Cross Jabs



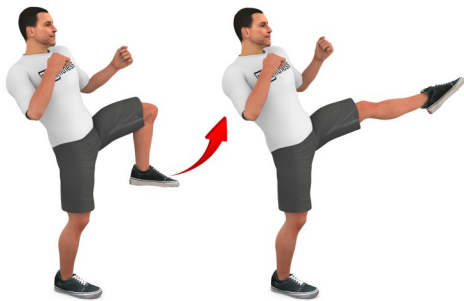
Hooks



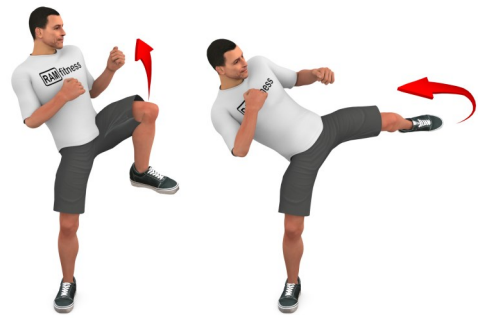
Upper Cuts



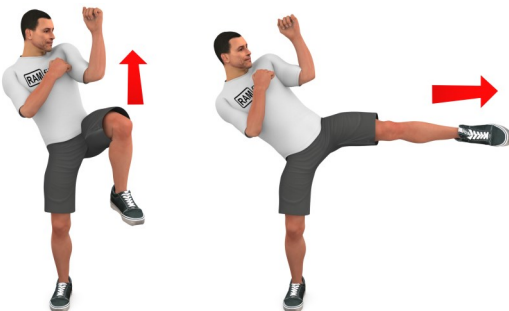
Knee Strikes



Front Kicks



Hook Kicks



Side Kicks

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

©2021 COPYRIGHT FLASH ROUTINE IS A PROPERTY OF RAMFITNESS, LLC.

PERSONAL USE ONLY. NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER. RAMFITNESS.COM



ROUTINE # 138

Frequency: 2-3 wk Reps: 15-25+
 Duration: 4-8 wks Rest: 30-45 seconds
 Sets: 3-4 Load: 4-7 RPE

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps