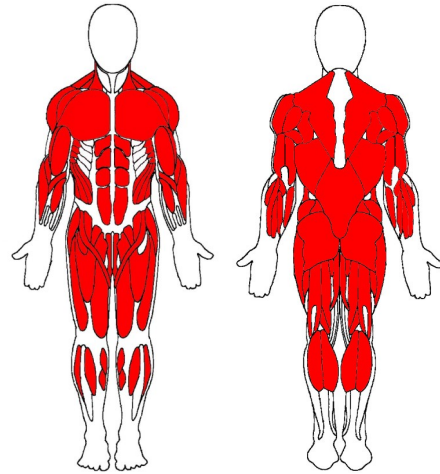


EXERCISES

- 01** Jump Rope (30 seconds+)
- 02** Push Ups
- 03** Jab / Cross Jabs
- 04** Hooks
- 05** Upper Cuts
- 06** Squats
- 07** Knee Strikes
- 08** Front Kicks
- 09** Sit Ups

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 # 143

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



Jump Rope
(30 seconds+)



Push Ups



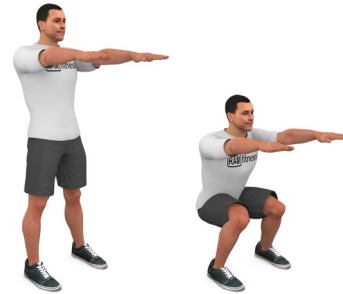
Jab / Cross
Jabs



Hooks



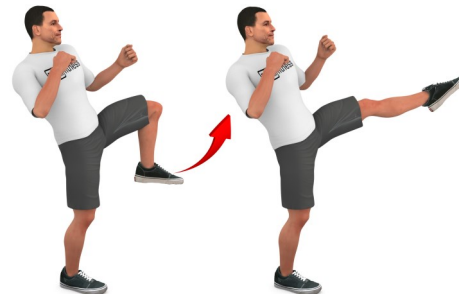
Upper Cuts



Squats



Knee Strikes



Front Kicks



Sit Ups

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ROUTINE # 143

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		Set 1		Set 2		Set 3	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps

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

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