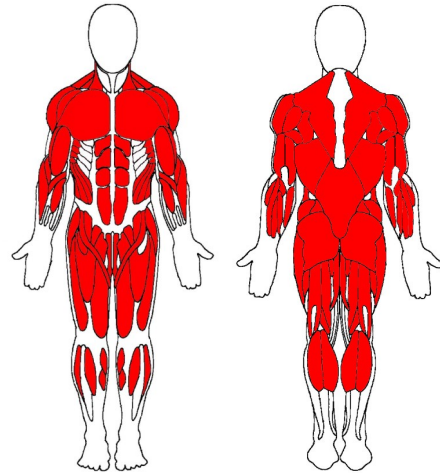


EXERCISES

- 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** 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 # 144

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



Jump Rope
(30 seconds+)



Push Ups



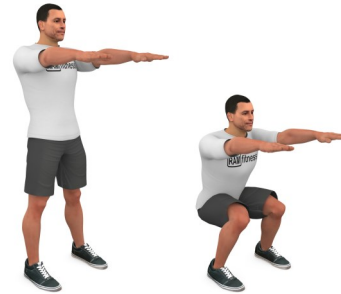
Jab / Cross
Jabs



Hooks



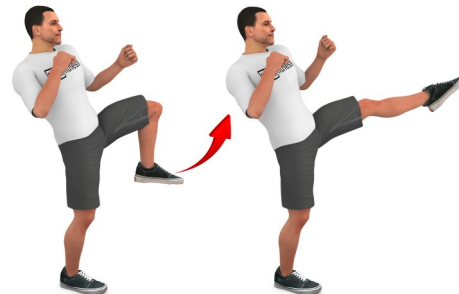
Upper Cuts



Squats



Knee Strikes



Front Kicks



Sit Ups

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 # 144

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
Jump Rope												
Push Ups												
Kickboxing - Jab / Cross Jabs												
Kickboxing - Hooks												
Kickboxing - Upper Cuts												
Squats												
Kickboxing - Knee Strikes												
Kickboxing - Front Kicks												
Sit Ups												

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Jump Rope												
Push Ups												
Kickboxing - Jab / Cross Jabs												
Kickboxing - Hooks												
Kickboxing - Upper Cuts												
Squats												
Kickboxing - Knee Strikes												
Kickboxing - Front Kicks												
Sit Ups												

Week#:	Day:	Date:	Machine Settings		Set 1		Set 2		Set 3		Set 4	
			1RM		Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Jump Rope												
Push Ups												
Kickboxing - Jab / Cross Jabs												
Kickboxing - Hooks												
Kickboxing - Upper Cuts												
Squats												
Kickboxing - Knee Strikes												
Kickboxing - Front Kicks												
Sit Ups												