



STRIKEFIT

Sample Lesson Plan #2

Warm up

Partner work - Switch 1 for 1; 1 min each

A does squats while B jogs forward and backwards.

A does push-ups B does high skips forward and backwards

A does sit-ups B does side shuffle down and back

Stretch

Gloves On

R stance

Straight punches 2, 4, 6

Add level change with same sequence of 2, 4, 6... 2 high, 2 mid 2 high, 2 low 2 mid 2 high

Drill

A straight punches up and down the bag B 10 squats. Switch 3 times, wall sit when finished.

Repeat all in L stance

Drill is now 10 bicycle kicks, plank when finished

Gloves Off

Partner work, 10 lbs plate weight- Switch 1 for 1; for time 1 and a half or 2 min

A straight arm raise and lower holding plate with a twist (drive the bus) rotation in center while B does walk out to push up (caterpillar).

A does squat with plate overhead while B does bear crawl forward, crab walk back.

A does plank hold with plate on back while B army crawls the length of the room down and back.

Gloves On

R stance warm up hooks

Jab-cross -hook

Warm up R elbow

Jab- cross- hook- elbow

Warm up R round kick

Jab-cross-hook-elbow-dbl punch off the bag R round kick

Drill: A does combo on every bag while B does up and down planks. Switch 1x
Wall sit when finished.

Repeat sequence on L side

Drill: A does combo on every bag while B does plank with leg lifts. Switch 1x wall
sit when done.

Gloves Off

20 sec star ups- 10 sec rest- 20 sec swimmers repeat sequence 2x total.