



STRIKEFIT

Sample Lesson Plan #1

Warm up -

Descending/ascending ladder: 10 push-ups down to 1 and 2 squats up to 20.
10 P/U, 2 squats
9 P/U 4 squats
8 P/U 6 squats...

Stretch

Bag –

Righty Fighting Stance (L foot forward)

L Round kick

R Round kick

45 sec sit-ups

L/R Round kicks

45 sec Mt. climbers

Righty Fighting Stance (L foot forward)

Jab/Cross

L Hook low L hook high

Jab/Cross, Hook low, Hook high

Cross, recoil dbl R round kick

Jab/Cross, Hook low Hook high, Cross, dbl R round kick

Spinning Back Fist

Add Spinning Back Fist to combo

Jab/Cross, Hook low Hook high, Cross, dbl R round kick, Spinning BF

Burn out combo hard and fast 45 seconds.

Gloves Off –

4 Corners w Dumb Bells

A Weighted punches in sumo squat position

B Low lunge bent over tricep extension

C Saw Plank on weights

D P/U with Row

Repeat kick/sit up + Mt. climber series from Lefty fighting stance (R foot forward)

Repeat combo in Lefty Fighting Stance, and burnout drill.

Cool Down