



# YOUTH KICKBOXING

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## Youth Kickboxing

Youth Kickboxing class teaches basic Kickboxing, Muay Thai and Western-Style Boxing skills and combinations. Youth Kickboxing classes include; cardio calisthenics, bag work, which includes punch, kick, knee and elbow strikes, partner drills, and pad work in addition to core strengthening exercises.

<b>GYM LOCATION:</b>	Bag area
<b>WHAT TO WEAR:</b>	Boxing shoes or bare feet, athletic wear, hard wraps and boxing gloves are required
<b>CLASS DURATION:</b>	50 Minutes
<b>SKILL LEVEL:</b>	All (Age Range: 6 to 12)

### Class Structure

1. **Warm-up (10 minutes):** The warm-up is essential to warm muscles and enable them to be pliable to stretch and perform the necessary tasks of the class in a safe dynamic movement.
  - a. **SMR (5 minutes):** Stretch the major muscle groups being used for the class format
  - b. **Cardiovascular (5 minutes):** Examples include jumping rope, jogging, mountain climbers, etc.
2. **Proprioceptive Work (10 minutes):** This section prepares the body and mind by introducing thai boxing stance, head movement slips, pulls and rolling as well as checking. The Coach should use the 1-14 number system of strikes, which consists of punches, kicks, knees, elbows & clinching descriptively with any combination. Coaches need to be as visual as possible when describing combinations. Be sure to have the members concentrate on their form at this time. This will give members a good idea of movement and proper form before they throw combinations of the heavy bags.
3. **Movement Work (20 minutes):** Bag work is the main core workout of the Kickboxing Conditioning class. It consists of repetitive punch combinations and bag drills from 1- 14 of the number striking system led by the coach. Bag work is 6, 2-minute rounds with a 1-minute active break in between rounds. During this time, the Coach should move around the class cueing and motivating members while yelling the round time left. During the 1-minute break, the coach should lead the class in a strength active recovery workout. Striking combinations should be progressive and should not comprise of more than 6 strikes per combination per round.
4. **Cool Down (10 minutes):** The cool down is the time the coach will spend strengthening the member's core and neck giving his opinion & critiques on member's performance.
  - a. **Core (5 minutes):** Examples include plank, v-sits, crunches, superman's, etc.
  - b. **Static Stretches (5 minutes):** Stretch the major muscle groups reduce muscle soreness and fatigue for optimal performance and recovery.

# YOUTH KICKBOXING #1



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-2-3-10, 1 MINUTE 3-10-10
1 MIN	DROP SQUATS
2 MIN	1 MINUTE 1-2-2-9, 1 MINUTE 2-9-2
1 MIN	JUMP ROPE
2 MIN	1 MINUTE 1-2-1-10, 1 MINUTE 1-10-9
1 MIN	PUSH UPS
2 MIN	1 MINUTE 2-3-2-9, 1 MINUTE 2-9-12
1 MIN	SIT UPS
2 MIN	1 MINUTE 2-3-10-9, 1 MINUTE 10-9-12
1 MIN	KNEES IN / KNEES OUT
2 MIN	FREESTYLE
1 MIN	SWIMS
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #2



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-2-11-12, 1 MINUTE 11-12-9
1 MIN	SQUAT AND LUNGE
2 MIN	1 MINUTE 3-2-9, 1 MINUTE 2-9-9-2
1 MIN	JUMPING JACKS
2 MIN	1 MINUTE 2-3-10, 1 MINUTE 3-10-3
1 MIN	PLANK
2 MIN	1 MINUTE 1-2-7-10, 1 MINUTE 7-10-3
1 MIN	SIT UPS
2 MIN	1 MINUTE 3-2-11-12, 1 MINUTE 11-12-1-2
1 MIN	BRIDGE TO SIT-UPS
2 MIN	FREESTYLE
1 MIN	LEG LIFTS
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #3



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-1-3-10, 1 MINUTE 1-3-10-3
1 MIN	REAR LUNGES
2 MIN	1 MINUTE 1-1-6-12, 1 MINUTE 6-12-3
1 MIN	FRONT JACKS
2 MIN	1 MINUTE 1-4-3, 1 MINUTE 3-2-9
1 MIN	CROSS BACK LUNGES
2 MIN	1 MINUTE 3-2-3-7, 1 MINUTE 2-7-8
1 MIN	CROSS JACKS
2 MIN	1 MINUTE 1-6-10, 1 MINUTE 1-6-12
1 MIN	SIT UP TWISTS
2 MIN	FREESTYLE
1 MIN	LUNGE TO SQUAT
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #4



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-2-1-10, 1 MINUTE 1-10-12
1 MIN	GROINERS
2 MIN	1 MINUTE 2-3-2-11, 1 MINUTE 2-11-9
1 MIN	PLANK
2 MIN	1 MINUTE 1-2-3-12, 1 MINUTE 3-12-10
1 MIN	SQUATS
2 MIN	1 MINUTE 1-3-2-11, 1 MINUTE 2-11-12
1 MIN	SPLIT JUMPS
2 MIN	1 MINUTE 1-1-1-10, 1 MINUTE 1-10-12
1 MIN	BRIDGE
2 MIN	FREESTYLE
1 MIN	TRICEP DIPS
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #5



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-2-3-10, 1 MINUTE 10-3-2
1 MIN	PLANK JACKS
2 MIN	1 MINUTE 2-3-2-9, 1 MINUTE 2-9-1-1
1 MIN	MOUNTAIN CLIMBERS
2 MIN	1 MINUTE 1-1-2-11, 1 MINUTE 11-12-11
1 MIN	9'S AND 10'S
2 MIN	1 MINUTE 2-3-12-13, 1 MINUTE 13-2-3
1 MIN	BODY SHOTS
2 MIN	1 MINUTE 1-10-1, 1 MINUTE 1-2-9
1 MIN	PUSH UP KNEE THRUSTS
2 MIN	FREESTYLE
1 MIN	LATERAL LUNGES
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #6



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-13-11, 1 MINUTE 10-9-1
1 MIN	HIGH KNEES
2 MIN	1 MINUTE 2-14-12, 1 MINUTE 12-10-1
1 MIN	WOOD CHOPPERS
2 MIN	1 MINUTE 1-2-1-11, 1 MINUTE 1-11-12
1 MIN	SQUAT AND HOLD
2 MIN	1 MINUTE 2-3-10, 1 MINUTE 3-10-10
1 MIN	LATERAL LUNGES
2 MIN	1 MINUTE 3-2-11, 1 MINUTE 2-11-12
1 MIN	V-SITS
2 MIN	FREESTYLE
1 MIN	WINDSHIELD WIPERS
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)



# YOUTH KICKBOXING #7



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-10-1, 1 MINUTE 1-2-9
1 MIN	JUMP ROPE
2 MIN	1 MINUTE 10-10-3, 1 MINUTE 10-10-3-2
1 MIN	SQUATS
2 MIN	1 MINUTE 1-7-10, 1 MINUTE 10-11-12
1 MIN	HIGH PLANK
2 MIN	1 MINUTE 2-5-2-9, 1 MINUTE 2-9-10
1 MIN	FORWARD LUNGES
2 MIN	1 MINUTE 1-6-3-10, 1 MINUTE 3-10-3
1 MIN	SCORPIONS
2 MIN	FREESTYLE
1 MIN	FLUTTER KICKS
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #8



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MIUNTE 1-13-14, 1 MINUTE 13-14-12
1 MIN	CROSS BACK LUNGES
2 MIN	1 MINUTE 1-15-14, 1 MINUTE 15-14-12
1 MIN	CROSS JACKS
2 MIN	1 MINUTE 1-2-13, 1 MINUTE 2-13-6
1 MIN	PLANK BUILD UPS
2 MIN	1 MINUTE 1- 3-14, 1 MINUTE 1-3-14-13
1 MIN	DROP SQUATS
2 MIN	1 MINUTE 1-6-3-10, 1 MINUTE 3-10-3
1 MIN	PUSH UPS (MIDDLE, LEFT, RIGHT)
2 MIN	FREESTYLE
1 MIN	SQUAT JUMPS
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #9



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MIUNTE 1-13-14, 1 MINUTE 13-14-12
1 MIN	PLANK AND TWISTS
2 MIN	1 MINUTE 2-3-2-7, 1 MINUTE 2-7-10
1 MIN	SQUAT JACKS
2 MIN	1 MINUTE 1-2-9, 1 MINUTE 2-9-11
1 MIN	SPLIT JUMPS
2 MIN	1 MINUTE 1-1-12, 1 MINUTE 1-1-12-9
1 MIN	REAR LUNGES
2 MIN	1 MINUTE 2-3-2-7, 1 MINUTE 2-7-8
1 MIN	CALF RAISES
2 MIN	FREESTYLE
1 MIN	REVERSE LUNGES
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #10



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-3-3, 1 MINUTE 3-3-10
1 MIN	PUSH UPS
2 MIN	1 MINUTE 1-1-4, 1 MINUTE 1-4-9
1 MIN	PLANK JACKS
2 MIN	1 MINUTE 3-4-3, 1 MINUTE 4-3-10
1 MIN	MOUNTAIN CLIMBERS
2 MIN	1 MINUTE 1-3-4, 1 MINUTE 3-4-13
1 MIN	9'S AND 10'S
2 MIN	1 MINUTE 1-15-14, 1 MINUTE 15-14-11
1 MIN	SEATED KNEE IN & OUTS
2 MIN	FREESTYLE
1 MIN	TRICEP DIPS
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #11



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 7-10, 1 MINUTE 7-10-8
1 MIN	JUMPING JACKS
2 MIN	1 MINUTE 3-2-7, 1 MINUTE 3-2-7-2
1 MIN	HIGH KNEES
2 MIN	1 MINUTE 1-2-1-2, 1 MINUTE 2-1-2-9
1 MIN	WOOD CHOPPERS
2 MIN	1 MINUTE 1-2-9, 1 MINUTE 2-9-10
1 MIN	SQUAT AND HOLD
2 MIN	1 MINUTE 3-2-3-10, 1 MINUTE 2-3-10-12
1 MIN	BEAR PUSH UPS
2 MIN	FREESTYLE
1 MIN	LUNGES (FORWARD, REAR, SIDE)
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)

# YOUTH KICKBOXING #12



## PHASE 1 - SMR (5 MIN)

### WARM-UP (10 MINUTES)

(#1) 30 SEC	CALF (LEFT)	(#6) 30 SEC	GLUTES (RIGHT)
(#2) 30 SEC	CALF (RIGHT)	(#7) 30 SEC	MID BACK
(#3) 30 SEC	QUADS (LEFT)	(#8) 30 SEC	UPPER BACK
(#4) 30 SEC	QUADS (RIGHT)	(#9) 30 SEC	LATS (LEFT)
(#5) 30 SEC	GLUTES (LEFT)	(#10) 30 SEC	LATS (RIGHT)

## PHASE 2 - MOVEMENT PREP / CARDIO (5 MIN)

(#1) 30 SEC	FRANKENSTEINS	(#6) 30 SEC	JUMPING JACKS
(#2) 30 SEC	KNEELING HIP FLEXOR	(#7) 30 SEC	UP DOWNS
(#3) 30 SEC	SPIDERMAN	(#8) 30 SEC	PUSH UPS
(#4) 30 SEC	PUSH UP INCH WORMS	(#9) 30 SEC	MOUNTAIN CLIMBERS
(#5) 30 SEC	REVERSE BEARCRAWLS	(#10) 30 SEC	JUMP SQUATS

## PHASE 3 - COMBOS AND DRILLS

### PROPRIOCEPTIVE (10 MINUTES)

2 MIN	STANCE AND GUARD, WORKING ON SLIPPING AS WELL AS BOB AND WEAVE
2 MIN	ADD FOOT MOVEMENT (FORWARD, BACKWARDS AND LATERAL)
2 MIN	ADD 1'S - 6'S
2 MIN	ADD 7'S - 10'S
2 MIN	ADD 11'S - 14'S

## PHASE 4 - COMBOS AND DRILLS

### MOVEMENT (20 MINUTES)

2 MIN	1 MINUTE 1-2-9, 1 MINUTE 2-9-10
1 MIN	DROP SQUATS
2 MIN	1 MINUTE 2-3-10, 1 MINUTE 3-10-7
1 MIN	JUMP ROPE
2 MIN	1 MINUTE 3-2-7, 1 MINUTE 2-7-2
1 MIN	SQUATS
2 MIN	1 MINUTE 1-2-1-2, 1 MINUTE 2-1-2-9
1 MIN	PLANK
2 MIN	1 MINUTE 1-10-1, 1 MINUTE 1-10-1-2
1 MIN	SUPERMANS
2 MIN	FREESTYLE
1 MIN	SIDE LEG RAISES
2 MIN	WATER BREAK AND TRANSITION TO COOL DOWN

## PHASE 5 - ABS / CORE (5 MIN)

### COOL DOWN (10 MINUTES)

1 MIN	BICYCLES
1 MIN	PLANK
1 MIN	SIDE PLANK (RIGHT SIDE)
1 MIN	SIDE PLANK LEFT SIDE)
1 MIN	SUPERMAN

## PHASE 6 - STATIC STRETCHING / SMR (5 MIN)

1 MIN	LAT STRETCH (30 SECONDS EACH SIDE)
1 MIN	CHEST STRETCH (30 SECONDS EACH SIDE)
1 MIN	SIDE BENDS (30 SECONDS EACH SIDE)
1 MIN	STANDING HAMSTRING STRETCH (30 SECONDS EACH SIDE)
1 MIN	STANDING QUAD STRETCH (30 SECONDS EACH SIDE)