

APPENDIX

THE WORKOUTS

DRILLS

The following activities and drills are taken from JKD arts to provide variety and interest. These can be mixed and matched and chosen to help you to have a great workout. They can be used to add variety and prevent boredom creeping in and killing motivation.



HELPFUL TIPS

These will also be covered with step-by-step instructions in our YouTube videos

Note: Single Direct Attack (SDA) includes individual single jab, cross, hook, uppercut and others.

Attacks By Combination (ABC) includes any two or more techniques such as jab, cross and kick or others.

WEEK 1-3 DRILL COMBINATION

- jab x 1 min
- cross x 1 min
- hook x 1 min
- jab – cross – hook x 1 min
- hook kick x 1 min

WEEK 4-7 DRILL COMBINATION

- jab – cross x 2 min
- jab – cross – hook x 2 min
- jab – cross – 2 uppercuts x 2 min
- jab – cross – 2 uppercuts – 2 knees x 2 min

WEEK 8-12 DRILL COMBINATION

- jab – cross – hook x 2 min
- 2 elbows x 2 min
- 2 knees x 2 min
- hook kick x 2 min
- side kick x 2 min
- footwork and movement x 2 min
- (add an extra minute to each one for a harder workout)

OPTIONAL DRILLS

For more variety and greater progression, you can include this into your sessions.

DRILL 1

HEAVY BAG BOXING, EACH ARE 2 MINUTE ROUNDS

- jab
- cross
- hook
- jab

DRILL 2

HEAVY BAG KICKING, EACH ARE 2 MINUTE ROUNDS

- hook kick
- side kick
- straight kick

DRILL 3

THAI BOXING WORKOUT, EACH ARE 2 MINUTE ROUNDS

- rear leg round kick
- front leg round kick
- left and right elbows
- left and right knees

DRILL 4

SPARRING DRILL

Note: A game like “Tag” with partner, very light contact to partner’s shoulder or leg, keep hands up and move in all directions! This is a lighter form of sparring that works on speed and agility. Focus on speed and mobility, maintaining on guard throughout. Don’t hit hard.

Sparring game	
Start	<ol style="list-style-type: none">1. On guard2. Tag game3. Face partner4. Hands up5. Chin down6. Use fast footwork
Technique	<ol style="list-style-type: none">7. Hands open8. Tap partner’s leg or shoulder
Close	<ol style="list-style-type: none">9. Return to on guard10. Change partners / roles of attacker and defender

DRILL 5

STRAIGHT BLAST PUNCHING

- punching x 10 seconds x 8 sets
- 20 seconds rest between sets

NOTES ON PROGRESSION

Kickboxing is a great way to add variety and fun to your activities. It builds timing, cardiovascular capacity, and dynamic strength and stamina. This challenges and conditions the body quickly and you should feel a bit puffed.

Begin with basic solo shadow sparring and build to hitting the heavy bag, focus pads, speed bag or top and bottom bag as this adds a fantastic and enjoyable aspect to the workouts.

Start with one or two-minute rounds, building up to five to ten rounds. When you can do this go to three-minute rounds for five rounds or more.

Tip: On day one, take photos on a light background in your underwear of the front, side and back of your body. This will be a visual record of your progress. Do this every week on Friday mornings at the same time and place before breakfast and after going to the toilet. Then make a note of your exact weight.

PULSE RAISER OPTIONS

In gym: Treadmill, rowing machine, static bike, step-up on a box.

Out gym: Skipping, shadow boxing, footwork, heavy bag and focus pads.

RESISTANCE DAY COMPONENTS

Do these three times a week on Monday, Wednesday and Friday.

Component	Description	Benefit
Pulse raise	Activating the body for training and raising the pulse	Your body is ready for the session and reduces risk of injury
Resistance	Gradually increasing the weight lifted will make you stronger	Strength gains and more powerful muscles
Abs and core	Strengthening the core leads to better overall conditioning	A strong body in all ranges of motion
Cooldown	Light mobility exercises and stretching	Reduces soreness and prevents injuries

LIGHT TRAINING DAYS

Do these three times a week on Tuesday, Thursday and Saturday

Component	Description	Benefit
Pulse raise	A light run, yoga or other class of choice	Keep the body active and flexible between hard workouts
Abs and core	Active core exercises	Keeps the body activated and strong
Developmental stretching	Full body stretching strengthens muscles	Gets a better full range of motion in the body
Cooldown	Light mobility exercises and stretching	Reduces soreness and prevents injuries

WEEK 1 TO 3

WEEK 1 TO 3 MONDAYS

PULSE RAISER

Exercise name	Description
Treadmill / shadow boxing	4 mins

DRILLS

Combo	Description
1. Jab	1 min
2. Jab – cross	1 min

RESISTANCE EXERCISES

1. CHEST DROPSETS

Exercise name	Set	% of 1RM	Reps	Rest
Chest press	1-3	60%	10	1 min
	4	20%	10	

2. Back drop sets

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	60%	8	1 min
	2	40%	6	1 min
	3	20%	4	1 min
	4	10%	2	

Alternative if no pulldown machine available

Exercise name	Set	Reps	Rest
Pull-ups	1	5	1 min
	2	4	1 min
	3	4	1 min

3. LEGS MUTE SETS

Exercise name	Set	Rep	Tempo	Rest
Leg extension	1-3	Full	10Cx2E	1 min
	4	3/4	AFAP	

4. SHOULDER PRESS PYRAMIDS

Exercise name	Set	% of 1RM	Reps	Rest
Shoulder press	1	60%	4	1 min
	2	40%	8	1 min
	3	30%	10	1 min
	4	20%	12	

5. BACK SQUAT SUPERSETS

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1	60%	8	1 min
	2	50%	8	1 min
	3	40%	8	1 min
	4	20%	8	1 min
Alternate leg dumbbell lunges	1-4	BW	AMAP	0

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Plank	30 secs x2

COOLDOWN

Exercise name	Description
Treadmill	4 mins
Stretching	10 mins

SELF-EVALUATION AND ADVICE

Self-evaluation and or verbal feedback discussion at the end of each session for a few minutes. Make a note of how you are feeling and any issues.

- Identify any problems or issues and adjust the programme as required.
- Take advice on nutrition for a healthy lifestyle.

WEEK 1 TO 3 TUESDAYS (AD)

PULSE RAISE

Exercise name	Description
Pulse raise	4 min

DRILLS

Combo	Description
1. Jab	1 min
2. Jab-cross	1 min
3. Jab-cross-hook	1 min

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Plank	30secs x 2
Push ups	10x3 sets
Squats	10x3 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
Stretching	10 min

COOLDOWN

Exercise name	Description
Treadmill walk	4 min

WEEK 1 TO 3 WEDNESDAYS (RD)

PULSE RAISE

Exercise name	Description
Treadmill	4 mins

DRILLS

Combo	Description
1. Jab	1 min
2. Jab-cross	1 min

RESISTANCE EXERCISES

1. CHEST SETS

Exercise name	Set	% of 1RM	Reps	Rest
Bench press	1-3	60%	10	1 min

2. BACK DROP SETS

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	60%	8	1 min
	2	50%	8	1 min
	3	40%	8	1 min
	4	20%	8	

3. LEGS MUTE TRAINING

Exercise name	Set	Rep	Tempo	Rest
Leg extension	1-3	Full	10Cx2E	1 min
	4	3/4	AFAP	

4. BACK AND BICEPS SETS

Exercise name	Set	% of 1RM	Reps	Rest
Barbell upright rows	1-3	60%	10	1 min

5. BACK AND LEGS SUPERSETS

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1-4	60%	8	1 min
Alternate leg dumbbell lunges	1-4	BW	AMAP	0

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Plank	30secs x 3

COOLDOWN

Exercise name	Description
Treadmill walk	4 min
Stretch	10 min

WEEK 1 TO 3 THURSDAYS (RD)

PULSE RAISE

Exercise name	Description
Skipping	4 min

DRILLS

Combo	Description
1. Jab	1 min
2. Cross	1 min
3. Hook	1 min

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Push ups	10x3 sets
Bodyweight squats	10x3 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
Stretching	10 min

COOLDOWN

Exercise name	Description
Treadmill walk	4 min

WEEK 1 TO 3 FRIDAYS (RD)

PULSE RAISE

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Jab-cross	1 min
2. Jab-cross-hook	1 min

RESISTANCE EXERCISES

1. CHEST DROP SETS

Exercise name	Set	% of 1RM	Reps	Rest
Chest press	1-3	60%	10	1 min
	4	40%	10	

2. BACK NOS SETS

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	60%	8	1 min
	2	40%	8	1 min
	3	30%	8	1 min
	4	20%	8	

3. LEG MUTE SETS

Exercise name	Set	Rep	Tempo	Rest
Leg extension ((40% 1RM)	1-3	Full	10Cx2E	1 min
	4	3/4	AFAP	

4. SHOULDER PRESS PYRAMIDS

Exercise name	Set	% of 1RM	Reps	Rest
Shoulder press	1	60%	4	1 min
	2	40%	6	1 min
	3	30%	8	1 min
	4	20%	10	1 min

5 . BACK AND LEG SUPERSET

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1-3	60%	8	1 min
Alternate leg dumbbell lunges	1-4	BW	AMAP	

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Leg raises to 45 degrees	10x2 sets
Plank	45secs x 1

COOLDOWN

Exercise name	Description
Treadmill walk	4 min
Stretch	10 min

WEEK 1 TO 3 SATURDAYS (RD)

PULSE RAISE

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Double jab (two jabs)	1 min
2. Jab-cross	1 min
3. Jab-cross-hook	1 min

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Thrusters	10x3 sets
Push ups	10x3 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
Stretching (Note: hold for 15 to 30 seconds)	5 min

COOLDOWN

Exercise name	Description
Treadmill	4 min

WEEK 1 TO 3 SUNDAY (REVIEW)

Mentally note what went well and how you are progressing. Make sure your log sheets or apps are completed

- review your self-assessment and notes
- note your emotional mental feeling of overall wellbeing
- note physical wellbeing
- look in the mirror – do you look and feel healthier
- repeat lifestyle audit
- what is going well
- what needs to improve
- reward yourself for completing first phase

WEEK 4 TO 7

WEEK 4 TO 7 MONDAYS

PULSE RAISER

Exercise name	Description
Treadmill	3 min

DRILLS

Combo	Description
1. Jab-cross-straight kick	2 min
2. Jab-cross-hook-hook kick	2 min
3. Jab-cross-uppercut-2 knee spikes	1 min

RESISTANCE EXERCISES

1. CHEST DROP SETS

Exercise name	Set	% of 1RM	Reps	Rest
Chest press	1-3	60%	10	1 min
	4	20%	10	1 min

2. BACK DROP SETS

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	70%	6	1 min
	2	60%	8	1 min
	3	50%	10	1 min
	4	20%	12	1 min

3. LEGS MUTE SETS

Exercise name	Set	Rep	Tempo	Rest
Leg extension (40% of 1 RM)	1-3	Full	10Cx2E	1 min
	4	3/4	AFAP	

4. SHOULDER PRESS PYRAMIDS

Exercise name	Set	% of 1RM	Reps	Rest
Shoulder press	1	70%	4	1 min
	2	50%	8	1 min
	3	40%	12	1 min
	4	20%	16	

5. BACK SQUAT SUPERSETS

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1	70%	4	1 min
	2	50%	8	1 min
	3	30%	12	1 min
	4	20%	16	1 min
Alternate leg dumbbell lunges	1-4	BW	AMAP	0

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10 x 3 sets
Plank	1min x 2

COOLDOWN

Exercise name	Description
Treadmill	4 min
Stretching	10 min

Notes: The treadmill is used to rewarm the body for stretching

SELF-EVALUATION AND ADVICE

Self-evaluation and or verbal feedback discussion at the end of each session for a few minutes. Make a note of how you are feeling and any issues.

- Identify any problems or issues and adjust the programme as required.
- Take advice and seek quality information on nutrition for a healthy lifestyle.

WEEK 4 TO 7 TUESDAY

PULSE RAISER

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Jab-cross-hook kick	1 min
2. Jab-cross-side kick	1 min
3. Jab-cross-hook	1 min
4. Jab-cross-hook-2 uppercuts (using both hands)	1 min

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10 x 3 sets
Plank	45secs x 3
Push ups	10 x 3 sets
Squats	10 x 3 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
Stretching	10 min

COOLDOWN

Exercise name	Description
Treadmill walk	4 min

WEEK 3 TO 7 WEDNESDAY (RD)

PULSE RAISER

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Jab-cross-hook-2 knees	1 min
2. Jab-cross-hook kick	1 min
3. Jab-cross-hook-2 horizontal elbows	1 min

RESISTANCE EXERCISES

1. CHEST AND BACK

Exercise name	Set	% of 1RM	Reps	Rest
Bench Chest Press	123	60%	10	1 min

2. BACK DROPSETS

Exercise name	Set	% of 1RM	Reps	Rest
Lat Pulldown	1	80%	8	1 min
	2	60%	8	1 min
	3	40%	8	1 min
	4	20%	8	1 min

3. LEGS SET

Exercise name	Set	Rep	Tempo	Rest
Leg extension	1	Full	10Cx2E	1 min
	2-4	3/4		1 min

4. BACK AND BICEPS

Exercise name	Set	% of 1RM	Reps	Rest
Upright rows	1-3	60%	10	1 min

5. Legs and back supersets

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1-4	60%	8	1 min
Alternate leg dumbbell lunges	1-4	BW	AMAP	1 min

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Plank	45secs x 3

COOLDOWN

Exercise name	Description
Treadmill walk	4 min
Stretch	10 min

Note: Stretching properly increases the range of motion around a joint. ROM

WEEK 3 TO 7 THURSDAY (AD)

PULSE RAISE

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Jab-cross-hook	1 min
2. Jab-cross-hook-2 elbows	30 secs
3. Jab-cross-hook-hook kick	1 min
4. Jab-cross-2 elbows-2 knees	30 secs

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3 sets
Push ups	10x3 sets
Bodyweight squats	10x3 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
Stretching	10 min

COOLDOWN

Exercise name	Description
Treadmill	4 min

WEEK 3 TO 7 FRIDAYS

PULSE RAISE

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Jab-cross-hook	1 min
2. Jab-cross-2 uppercuts	1min
3. Jab-cross-2 uppercuts-2 knees	1 min

RESISTANCE EXERCISES

1. CHEST DROP SETS

Exercise name	Set	% of 1RM	Reps	Rest
Chest press	1-3	60%	10	1 min
	4	40%	10	1 min

2. BACK NOS TRAINING

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	80%	8	1 min
	2	60%	8	1 min
	3	40%	8	1 min
	4	20%	8	1.min

3. LEGS MUTE SET

Exercise name	Set	Rep	Tempo	Rest
Leg extension (40% of 1 RM)	1	Full	10Cx2E	1 min
	4	3/4	AFAP	1 min

4. SHOULDER PRESS PYRAMIDS

Exercise name	Set	% of 1RM	Reps	Rest
Shoulder press	1	70%	4	1 min
	2	50%	6	1 min
	3	30%	8	1 min
	4	20%	10	1 min

5. BACK AND LEG SUPERSET

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1	60%	8	1 min
	2	60%	8	1 min
	3	60%	8	1 min
	4	60%	8	1 min
Alternate leg dumbbell lunges	1-4	BW	AMAP	0

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x3
Leg raises	10x3
Plank (45 secs)	2 sets

Note: For leg raises, go up to 45 degrees and on lowering phase don't let the heels touch the floor, keep knees slightly bent, hands supporting the low back.

COOLDOWN

Exercise name	Description
Treadmill walk	4 min
Stretch	10 min

WEEK 3 TO 7 SATURDAY

PULSE RAISE

Exercise name	Description
Treadmill	4 min
Stretch	10 min

DRILLS

Combo	Description
1. Jab-cross	1 min
2. Jab-cross-hook	1 min
3. Jab-cross-hook-2 uppercuts	1 min
4. Jab-cross-hook-side kick	30 secs

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x4 sets
Thrusters	10x4 sets
Push ups	10x4 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
Stretching	5 mins

COOLDOWN

Exercise name	Description
Treadmill	4 mins

WEEK 4 TO 6 SUNDAY (REVIEW)

- mental review – what went well, progress, fill in log sheets
- review your self-assessment or notes from trainer
- overall wellbeing: how you are feeling emotionally and physically?
- look in the mirror – do you look healthier
- step on the scales and check your weight
- take photos in underwear and review the photos taken at the beginning of week one. photo of front and side and back of the body

WEEK 7 SUNDAY (REVIEW)

This is an opportunity to take a look back at the progress that you have made up to week 7. Take time to reflect on how you felt at the beginning and how you are feeling now.

Think about what is going well regarding your nutrition, eating patterns, activities, sleep pattern. How do you feel emotionally and physically compared to when you started? Look at your training diary and note progress and challenges that you have met so far. Think about and reflect upon your journey to date, how far you have come and the adventures still ahead.

- note what you have achieved and is going well
- what still needs to improve
- reward yourself and give yourself a pat on the back for your achievements

WEEK 8 TO 12

WEEK 8 TO 12 MONDAYS

PULSE RAISER

Exercise name	Description
Treadmill	4 mins

DRILLS

Combo	Description
1. Hook kick-cross-hook- cross	1 min
2. Side kick-cross-2 elbows	30 secs
3. Sweep kick-back fist	1 min
4. Jab-cross-hook-2 uppercuts-2 knees	30 secs

RESISTANCE EXERCISES

1. CHEST DROPSETS

Exercise name	Set	% of 1RM	Reps	Rest
Chest press	1-3	60%	10	1 min
	4	20%	10	1 min

2. BACK DROPSETS

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	70%	6	1 min
	2	60%	8	1 min
	3	40%	10	1 min
	4	20%	14	1 min

3. LEGS MUTE

Exercise name	Set	Rep	Tempo	Rest
Leg extension	1	Full	10Cx2E	1 min
	2	Full	10Cx2E	1 min
	3	Full	10Cx2E	1 min
	4	3/4	AFAP	1 min

Note: 10 seconds upward motion and 2 seconds downward motion. Ensure the pad is on the lower leg not the feet..

4. SHOULDER PRESS PYRAMIDS

Exercise name	Set	% of 1RM	Reps	Rest
Shoulder press	1	70%	4	1 min
	2	60%	8	1 min
	3	40%	12	1 min
	4	20%	16	1 min

5. BACK SQUAT SUPERSETS

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1	80%	8	1 min
	2	60%	8	1 min
	3	40%	8	1 min
	4	20%	8	1 min
Alternate leg dumbbell lunges	1	BW	20	0
	2	BW	20	0
	3	BW	20	0
	4	BW	20	0

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10 x 3 sets
Plank	1 min x 3 sets

Note: For sit ups, raise the shoulders just off the floor

COOLDOWN

Exercise name	Description
Treadmill	4 mins
Stretching	10 min

Notes: for Sit ups raise the shoulders just off the floor

WEEK 8 TO 12 TUESDAY

PULSE RAISER

	Description
Treadmill	4 min

DRILLS

	Description
1 – Two hook kicks (front and rear leg)	1 min
2 – Two sidekicks (front and rear leg)	30 secs
3 – Two straight kicks (front and rear leg)	1 min
4 – Double knees (left and right)	30 secs
5 – Double elbows (left and right)	1 min

ABDOMINAL AND CORE EXERCISES

	Description
Sit ups	10 x 4 sets
Plank (60 secs)	2 sets
Push ups	10 x 4 sets
Squats	10 x 4 sets

COOLDOWN

	Description
Treadmill	4 min
Static bike	
Rowing machine	

DEVELOPMENTAL STRETCHING

	Description
Stretching	10 min

WEEK 8 TO 12 WEDNESDAY

PULSE RAISER

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Back kick	1 min
2. Side kick-finger jab	30 secs
3. Hook kick-back fist	1 min
4. Jab-cross-hook-2 uppercuts-2 knees	30 secs

RESISTANCE EXERCISES

1. CHEST

Exercise name	Set	% of 1RM	Reps	Rest
Bench Chest Press	1-3	80%	8	1 min

2. BACK DROPSETS

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	70%	8	1 min
	2	60%	8	
	3	40%	8	
	4	20%	8	

3. LEGS

Exercise name	Set	Rep	Tempo	Rest
Leg extension	1	Full	10Cx2E	1 min

4. BICEPS AND FOREARMS TYPE

Exercise name	Set	% of 1RM	Reps	Rest
Bicep curls	1-3	60%	10	1 min

5. BACK AND LEGS AND SUPERSETS

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1-3	70%	8	0
Alternate leg dumbbell lunges	1-4	BW	AMAP	1 min

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Full sit ups	10 x 3 sets
Plank	1 min x 3 sets

COOLDOWN

Exercise name	Description
Treadmill walk	4 min
Stretch	10 min

WEEK 8 TO 12 THURSDAY

PULSE RAISER

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Double jab-2 palm smashes	1 min
2. Jab-cross-straight kick	30 secs
3. Jab-cross-hook-2 horizontal elbows-2 knees	1 min
4. Jab-cross-hook-2 downward elbows	45 secs
5. Straight blast x 5 seconds burst	5 sets

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x4 sets
Push ups	10x4 sets
Bodyweight squats	10x5 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
All stretches	10 min

COOLDOWN

Exercise name	Description
Treadmill	4 min

WEEK 8 TO 12 FRIDAY

PULSE RAISER

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Jab-cross-hook-2 uppercuts	1 min
2. Hook kick-cross-jab-cross	30 secs
3. Side kick-finger jab	45 secs
4. Jab-2 diagonal elbows-lead knee	30 secs
5. Jab-2 horizontal elbows-2 knees	1 min

RESISTANCE EXERCISES

1. CHEST DROP SETS

Exercise name	Set	% of 1RM	Reps	Rest
Chest press	1-3	70%	8	1 min
	4	40%	10	1 min

2. BACK NOS TRAINING

Exercise name	Set	% of 1RM	Reps	Rest
Lat pulldown	1	70%	8	1 min
	2	60%	8	1 min
	3	40%	8	1 min
	4	20%	8	1 min

3. LEG MUTE TRAINING

Exercise name	Set	Rep	Tempo	Rest
Leg extension (70% of 1 RM)	1	Full	10Cx2E	1 min
	2			1 min
	3			1 min
	4	3/4	fast	1 min

4. SHOULDER PRESS PYRAMIDS

Exercise name	Set	% of 1RM	Reps	Rest
Shoulder press	1	70%	4	1 min
	2	60%	6	1 min
	3	40%	8	1 min
	4	20%	10	1 min

5. BACK AND LEG SUPERSET

Exercise name	Set	% of 1RM	Reps	Rest
Back squat	1	70%	8	1 min
	2	70%	8	1 min
	3	70%	8	1 min
	4	70%	8	1 min
Alternate leg dumbbell lunges	1-4	BW	AMAP	0

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10 x 4 sets
Leg raises	10 x 4 sets
Pull ups	6 x 3 sets

COOLDOWN

Exercise name	Description
Treadmill walk	4 min
Stretch	10 min

WEEK 8 TO 12 SATURDAY

PULSE RAISER

Exercise name	Description
Treadmill	4 min

DRILLS

Combo	Description
1. Jab	1 min
2. Jab-cross	30 secs
3. Jab-cross-hook	1 min
4. Cross-hook-cross	30 secs
5. Front leg hook kick-cross-2 knees	1 min

ABDOMINAL AND CORE EXERCISES

Exercise name	Description
Sit ups	10x5 sets
Thrusters	10x5 sets
Push ups	10x5 sets

DEVELOPMENTAL STRETCHING

Exercise name	Description
Stretching	10 min

COOLDOWN

Exercise name	Description
Treadmill walk	4 min

WEEK 8 TO 12 SUNDAY (REVIEW)

A full evaluation of what went well and how you have progressed. Make sure log sheets are filled in and complete a review of the full 12-week programme:

- take photos and compare the ones that were taken during the 12 weeks
- review your self-assessment and notes from trainer if required
- review your overall wellbeing physical and emotional state
- how do you feel inside
- do look and feel stronger
- how is your cardiovascular conditioning
- how is your nutrition
- note your flexibility
- how are your eating and drinking patterns
- are you getting enough sleep
- look in the mirror – do you look healthier
- redo lifestyle audit
- how is your social life
- what is going well
- what needs to improve

Congratulations and well done – reward yourself for completing the 12-week programme.

Have a celebration (don't overdo it) and then start the next phase.

Maintain your progress and keep moving forward by setting your new goals.