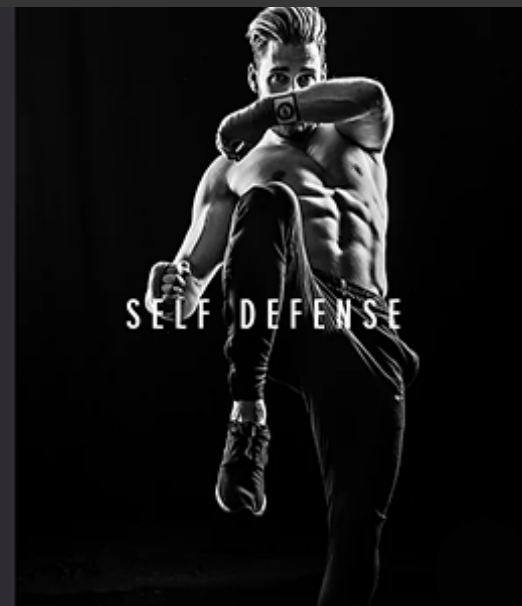




WORKOUT FOR THE MONTH**

MONDAY

200 Jab punches + Shadowbox just Jab (3 min)
Push Ups & High Plank (3 sets @ 30 – 60 sec)

TUESDAY

200 Straight Right punches + Shadowbox just Straight Right (3 min)
Squat 20 reps & Squat Hold (3 sets @ 30 – 60 sec)

WEDNESDAY

200 Right Cross punches + Shadowbox just Right Cross (3 min)
Single Leg Balance Raise (3x @ 30 – 60 sec) & Airplane Pose (3 sets @ 30 – 60 sec)

THURSDAY

200 Jab + Straight Right / Right Cross punches + Shadowbox just Jab & Straight Right
/ Right Cross punches (3 min)
Body Weight Good Morning 20 reps & Single Leg Romanian Dead Lift (per leg)

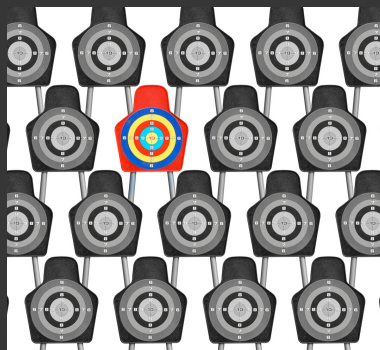
FRIDAY

Shadowbox: Jab, Straight Right and Right Cross – (3 sets 3 min rds)
Walking Lunge 20 reps & Forward Lunge w/ Rotation (per leg)

DAILY MOTION

10k steps a day / 3 mile walk or run
Footwork Drill 3 mins - Run The Cross w/ A Pivot

Minute 1 – Slow for form | Minute 2 – Control Power | Minute 3 – Speed & Power
Week 1: 3 sets of 10 reps per exercise | Week 2: 3 sets of 15 reps per exercise
Week 3: 4 sets of 15 reps per exercise | Week 4: 4 sets of 15 reps per exercise



DRY FIRE DRILL*

EXTEND TOUCH PRESS

SLOW PRACTICE

From high compress ready (HCR), Count to 10 while extending firearm out towards target, touch trigger with indexed finger, press trigger and hold. Slowly release trigger while listening for reset, return finger back to indexed position and count to 10 returning back to HCR. **Repeat. 20 rep**

* USE AN INERT TRAINING PLATFORM FOR ALL FIREARM DRILLS. FOLLOW ALL NRA FIREARM SAFETY RULES.

** CONSULT WITH YOUR DOCTOR BEFORE DOING ANY KIND OF EXERCISE. THESE DRILLS AND EXERCISES ARE FOR EDUCATIONAL PURPOSES ONLY AND IT IS YOUR RESPONSIBILITY TO VERIFY THAT THEIR CONTENT IS SAFE AND LEGAL FOR YOU TO DO BEFORE ATTEMPTING.