



R-1 BOXING

R-2 BOXING



TWO 3 MIN ROUNDS

- STATION #1 CHEST PRESS - TRICEP DIP**
- STATION #2 TOE TAP SPRAWL - PLANK WITH HIP DIP**
- STATION #3 INCLINE PRESS - TRICEP KICK BACK**
- STATION #4 KICK BOXING**
- STATION #5 BUTTERFLY - BH TRI EXTENSION**
- STATION #6 BOXING & CORE**

