



**R-1 BOXING**

**R-2 BOXING**



**4 SETS OF 30 SECOND INTERVALS  
EACH EXERCISE  
SUPER SET**

**STATION #1 THRUSTERS - HAMSTRING CURL**  
**STATION #2 MOUNTAIN CLIMBERS - PLANK**  
**STATION #3 GOBLET SQUAT - KBELL SWING**  
**STATION #4 HIGH KNEES - SIT UPS**  
**STATION #5 LUNGES - SUMMO DEADLIFT**  
**STATION #6 BOXING**

