

Med Ball & Boxing

Complex 1

Med Ball Complex

Perform each move for 45 seconds with no rest between moves:

	Exercise	Work	Rest
a	1-Leg Slams <i>Left/Weak Side</i>	45s	0s
b	1-Leg Slams <i>Right/Strong Side</i>	45s	0s
c	1-Leg Chest Slams <i>30 seconds/side</i>	45s	0s
d	1-Leg Chest Slams <i>30 seconds/side</i>	45s	0s

Rest 30-60 seconds. Move on to Round 2.

Complex 2

Boxing Complex

Perform each move for 90 seconds with no rest between moves:

	Exercise	Work	Rest
a	1-1-2 Combos <i>Southpaw Stance</i>	90s	0s
b	1-1-2 Combos <i>Orthodox Stance</i>	90s	0s

Rest 30-60 seconds. That's 1 cycle. Do 2-4 total cycles.

