

Bells & Boxing

Complex 1

Bells Complex

Perform each move for 30 seconds with no rest between moves:

	Exercise	Work	Rest
a	Sprawl <i>Left/Weak Side</i>	30s	0s
b	Snatch <i>Left/Weak Side</i>	30s	0s
c	Squat <i>Left/Weak Side</i>	30s	0s
d	Sprawl <i>Right/Strong Side</i>	30s	0s
e	Snatch <i>Right/Strong Side</i>	30s	0s
f	Squat <i>Right/Strong Side</i>	30s	0s

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

Complex 2

Boxing Complex

Perform each move for 30 seconds with no rest between moves:

	Exercise	Work	Rest
a	Step & Jab <i>Southpaw Stance</i>	30s	0s
b	Stepback & Straight <i>Southpaw Stance</i>	30s	0s
c	Slip & Hook <i>Southpaw Stance</i>	30s	0s
d	Step & Jab <i>Orthodox Stance</i>	30s	0s
e	Stepback & Straight <i>Orthodox Stance</i>	30s	0s
f	Slip & Hook <i>Orthodox Stance</i>	30s	0s

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

