

## Bells & Boxing

### Complex 1

#### Bells Complex

Perform each move for 60 seconds with no rest between moves:

	Exercise	Work	Rest
a	<b>Dumbbell Bulgarian Split Squats</b> (30 seconds/side)	60s	0s
b	<b>Dumbbell Chest Presses</b>	60s	0s
c	<b>Dumbbell Hip-Hinges Complex</b> (30 seconds/stance)	60s	0s

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

### Complex 2

#### Boxing Complex

Perform each move for 60 seconds with no rest between moves:

	Exercise	Work	Rest
a	<b>Ladder Linear Footwork</b> <i>Southpaw/Orthodox Stance</i>	60s	0s
b	<b>Ladder Linear Footwork + Jab</b> <i>Southpaw/Orthodox Stance</i>	60s	0s
c	<b>Ladder Linear Footwork + 1-2</b> <i>Southpaw/Orthodox Stance</i>	60s	0s

Rest 30-60 seconds. That's 1 cycle. Do 2-4 total cycles. Be sure to switch stances each cycle and do an even number of cycles.

