

Bands & Shadow Boxing

Round 1

	Exercise	Work	Rest
a	Band Split ISO Pull-Aparts <i>30 seconds/side</i>	60s	0s
1	Band Jabs - Orthodox	60s	0s
1	Band Jabs - Southpaw	60s	0s

Rest 30-60 seconds

Round 2

	Exercise	Work	Rest
a	Mini-Band Glute Bridge March	60s	0s
b	Mini-Band Hip Walks - Orthodox	60s	0s
c	Mini-Band Hip Walks - Southpaw	60s	0s

Rest 30-60 seconds

Round 3

	Exercise	Work	Rest
a	Band Side Planks L/R <i>30 seconds/side</i>	60s	0s
b	Band Straights - Orthodox	60s	0s
c	Band Straights - Southpaw	60s	0s

Rest 30-60 seconds

Round 4

	Exercise	Work	Rest
a	Mini-Band Drop Squats	60s	0s
b	Mini-Band Lateral Hip Walks - Orthodox	60s	0s
c	Mini-Band Lateral Hip Walks - Southpaw	60s	0s

Rest 30-60 seconds

Round 5

	Exercise	Work	Rest
a	Band Mountain Climber Pushups	60s	0s
b	Band 1-2's - Orthodox	60s	0s
c	Band 1-2's - Southpaw	60s	0s

Rest 30-60 seconds

That's 1 cycle. Do another cycle for a longer workout.

