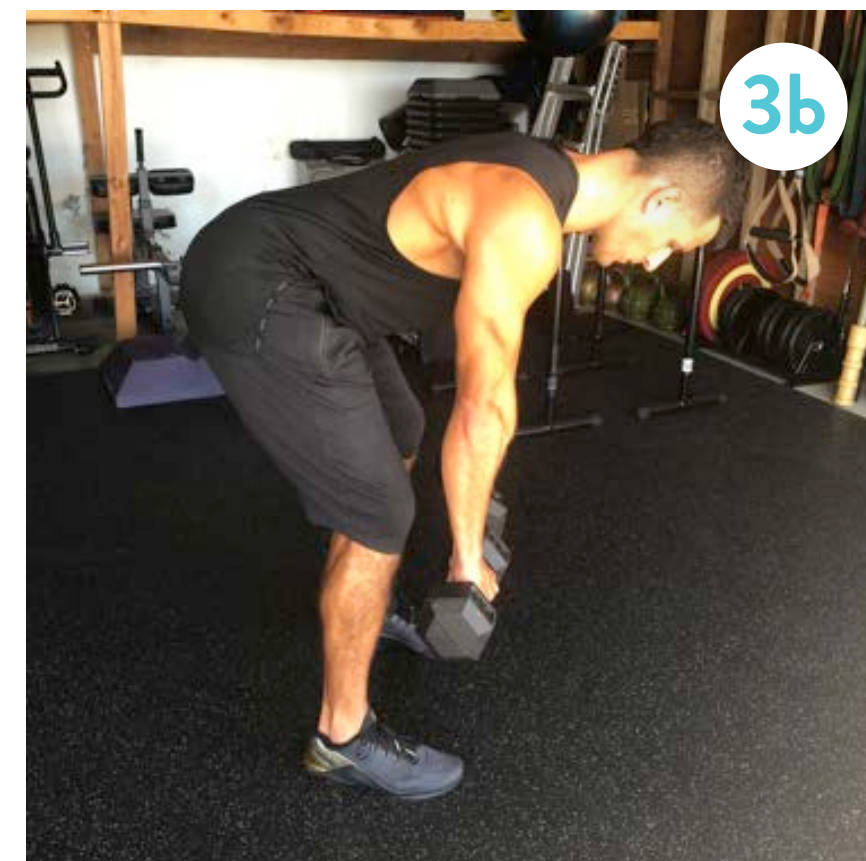
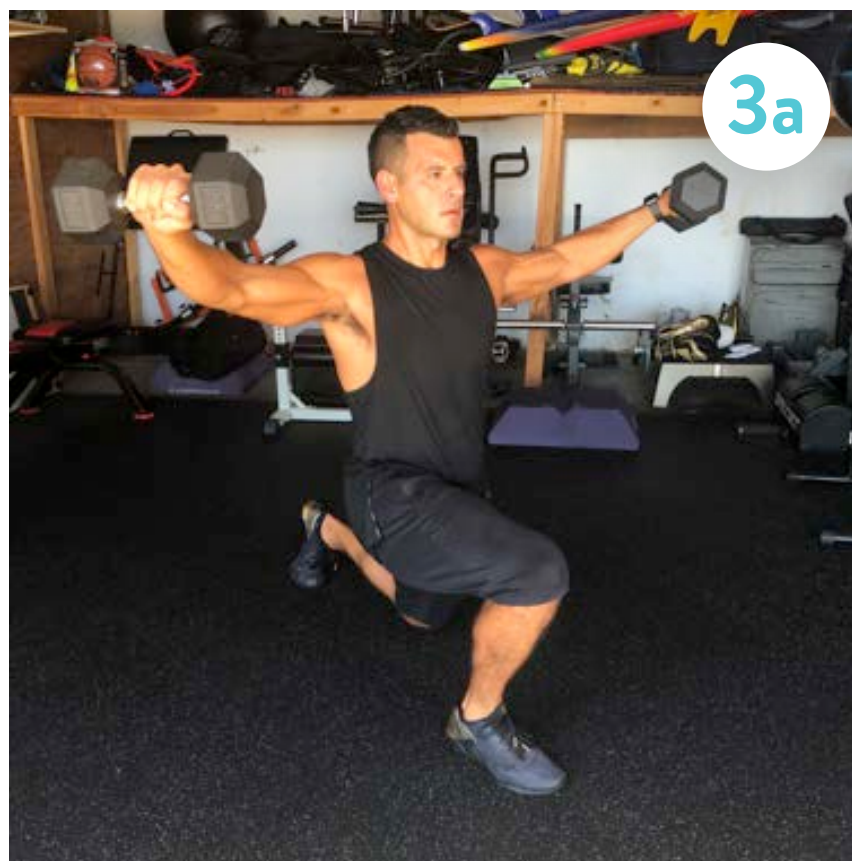
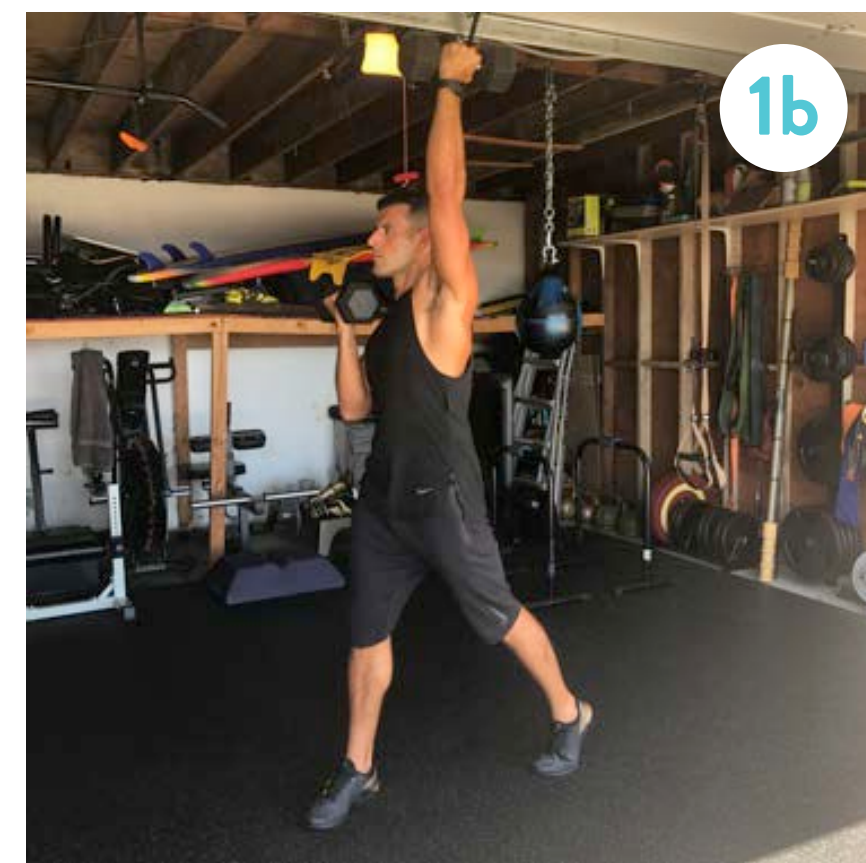
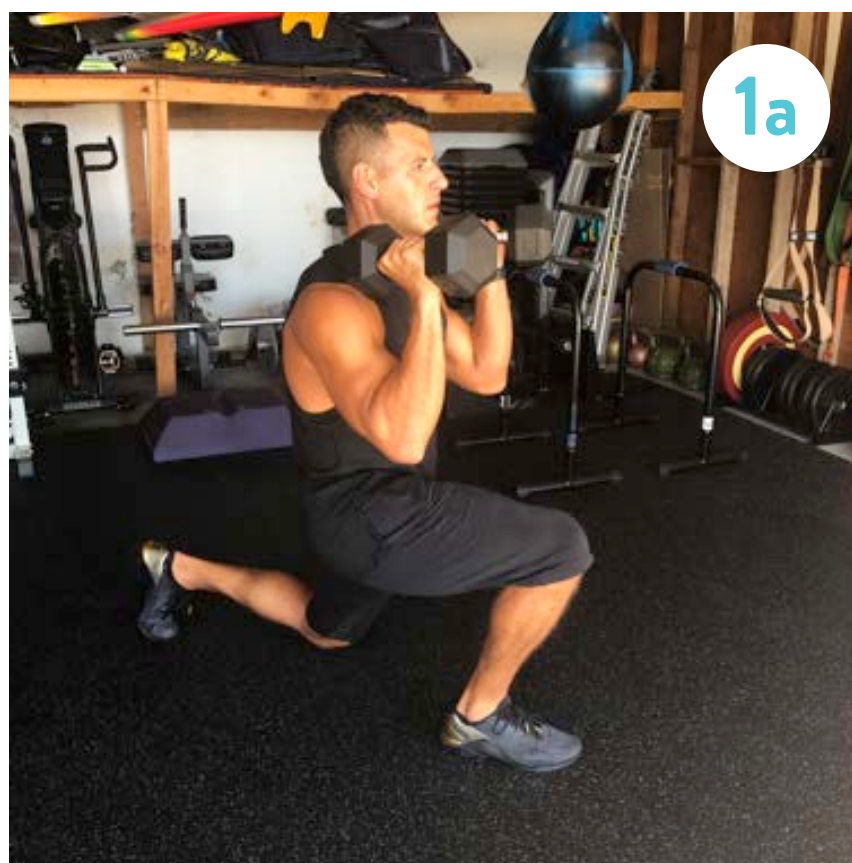


Dumbbells & Bodyweight

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:



Round 1

Strength Combos Stack

	Exercise	Work	Rest
1a	Dumbbell Split Jump Switch to Hammer Curl	90s	0s
1b	Squat to Rotational Press	90s	0s

Round 2

Shadow Boxing Combo

	Exercise	Work	Rest
2a	1-2-3 Combos (Jab-Cross-Hook) <i>Orthodox Stance</i>	90s	0s
2b	1-2-3 Combos (Jab-Cross-Hook) <i>Southpaw Stance</i>	90s	0s

Round 3

Strength Combos Stack

	Exercise	Work	Rest
3a	Dumbbell Split Jump Switch to Lateral Raise	90s	0s
3b	Dumbbell Hip-Hinge to High Pull	90s	0s

Round 4

Shadow Boxing Combo

	Exercise	Work	Rest
4a	1-2-3-2 Combos (Jab-Cross-Hook-Cross) <i>Orthodox Stance</i>	90s	0s
4b	1-2-3-2 Combos (Jab-Cross-Hook-Cross) <i>Southpaw Stance</i>	90s	0s

Completing all 4 rounds is one full cycle.
Perform up to 3 total cycles.

See this workout at: <http://tdbj.me/gof>

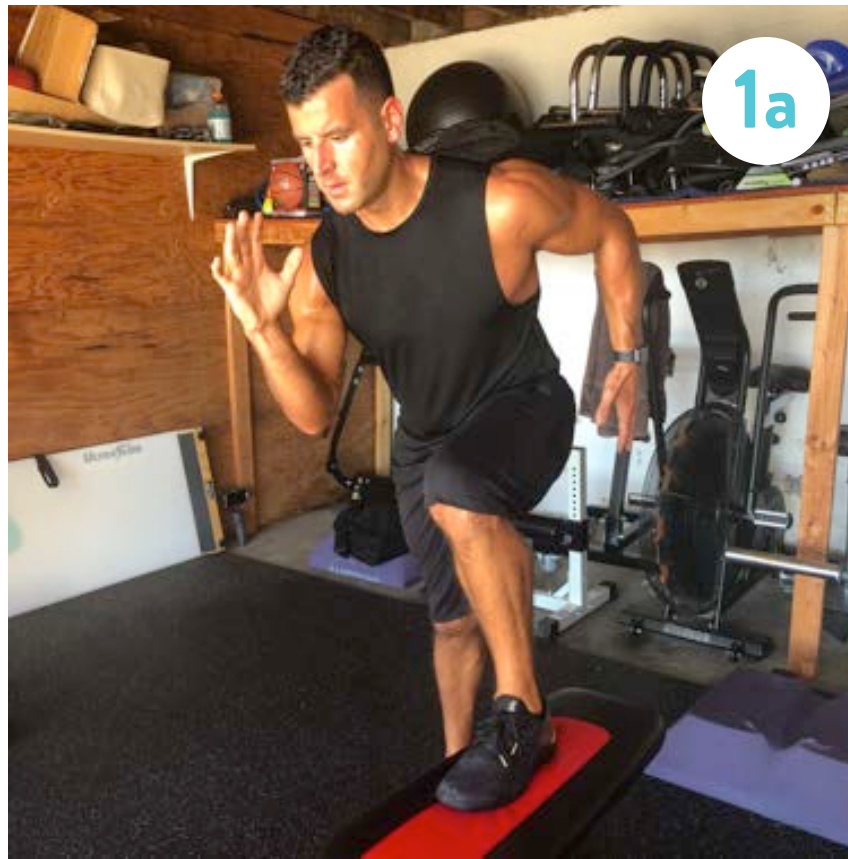
Equipment-Free Bodyweight

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:

Round 1

Strength Combos Stack

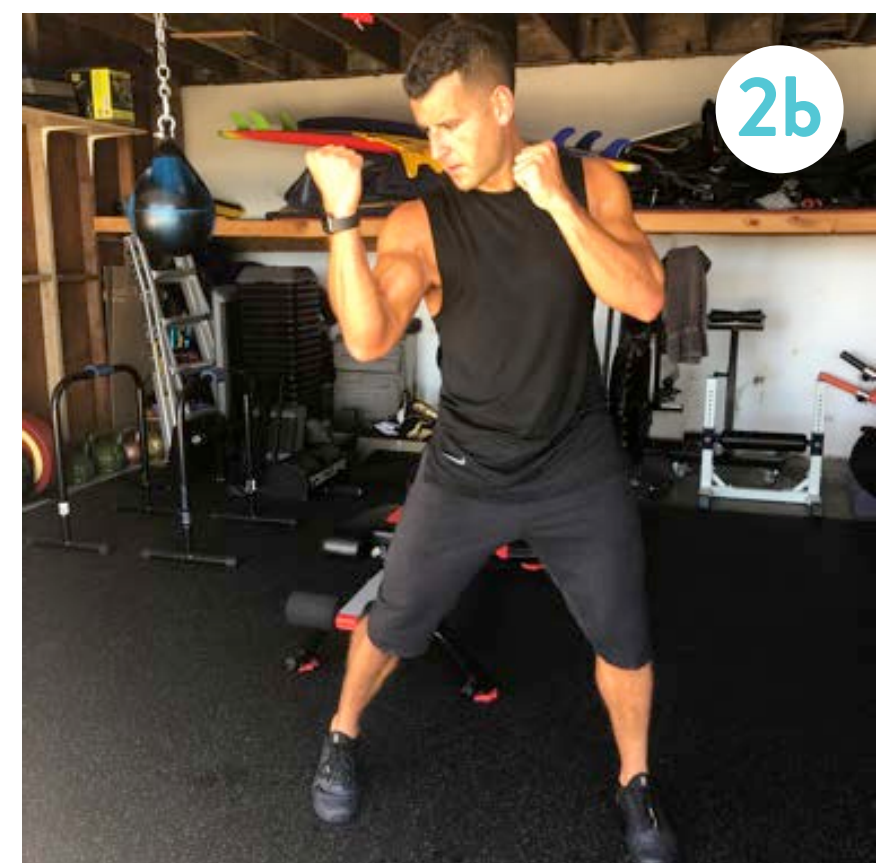
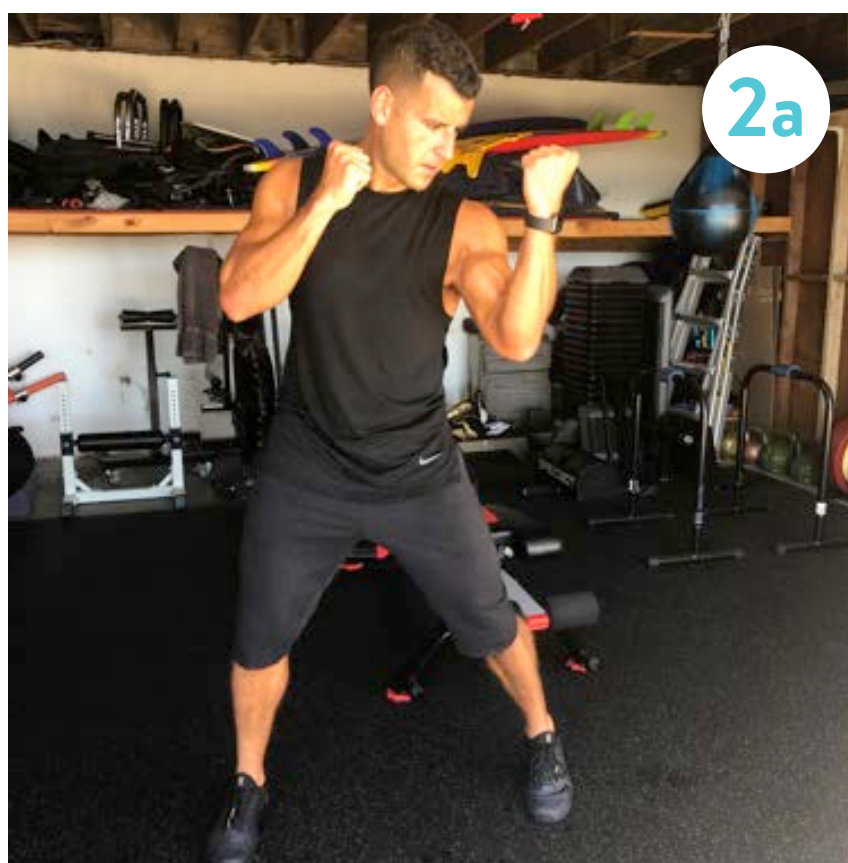
	Exercise	Work	Rest
1a	Reverse Lunge to Lateral Stepup Jump <i>Left Side</i>	90s	0s
1b	Low Bear Crawl	90s	0s



Round 2

Shadow Boxing Combo

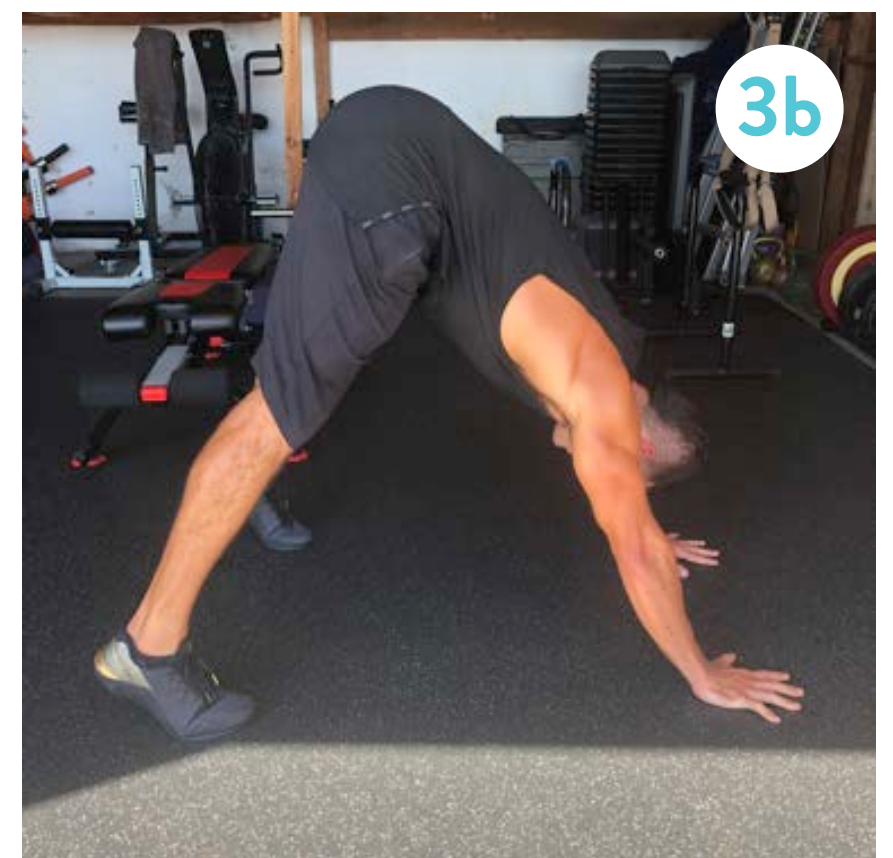
	Exercise	Work	Rest
2a	1-2-5-2 Combos (Jab-Cross-Lead Uppercut-Cross) <i>Orthodox Stance</i>	90s	0s
2b	1-2-5-2 Combos (Jab-Cross-Lead Uppercut-Cross) <i>Southpaw Stance</i>	90s	0s



Round 3

Strength Combos Stack

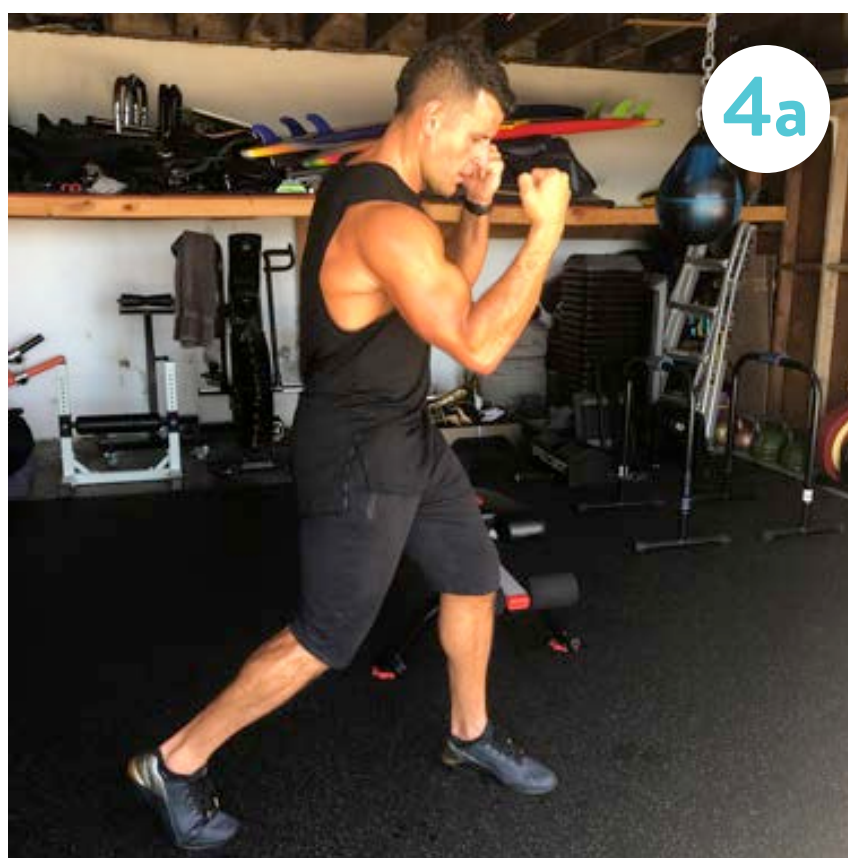
	Exercise	Work	Rest
3a	Reverse Lunge to Lateral Stepup Jump <i>Right Side</i>	90s	0s
3b	High Bear Crawl	90s	0s



Round 4

Shadow Boxing Combo

	Exercise	Work	Rest
4a	1-6-3-2 Combos (Jab-Rear Uppercut-Hook-Cross) <i>Orthodox Stance</i>	90s	0s
4b	1-6-3-2 Combos (Jab-Rear Uppercut-Hook-Cross) <i>Southpaw Stance</i>	90s	0s



Completing all 4 rounds is one full cycle. Perform up to 3 total cycles.

See this workout at: <http://tdbj.me/bp2>

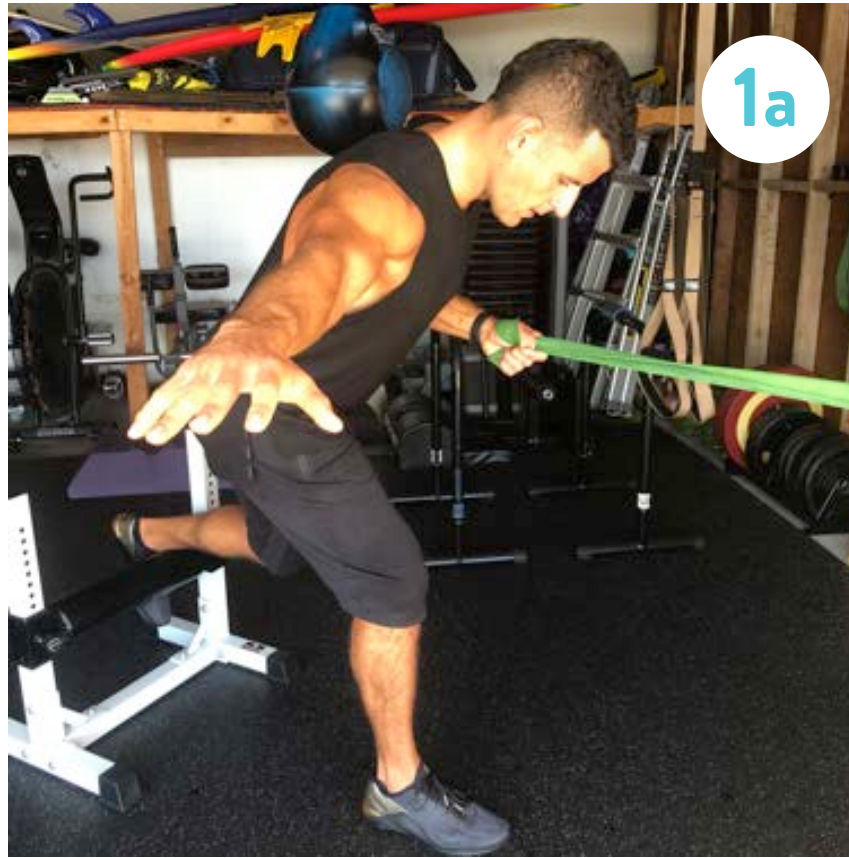
Bands

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:

Round 1

Strength Stack

	Exercise	Work	Rest
1a	Band Bulgarian Rows <i>Left Arm, Right Leg</i>	90s	0s
1b	Bodyweight Bulgarian Split Squats <i>Right Leg</i>	90s	0s



Round 2

Shadow Boxing Combo

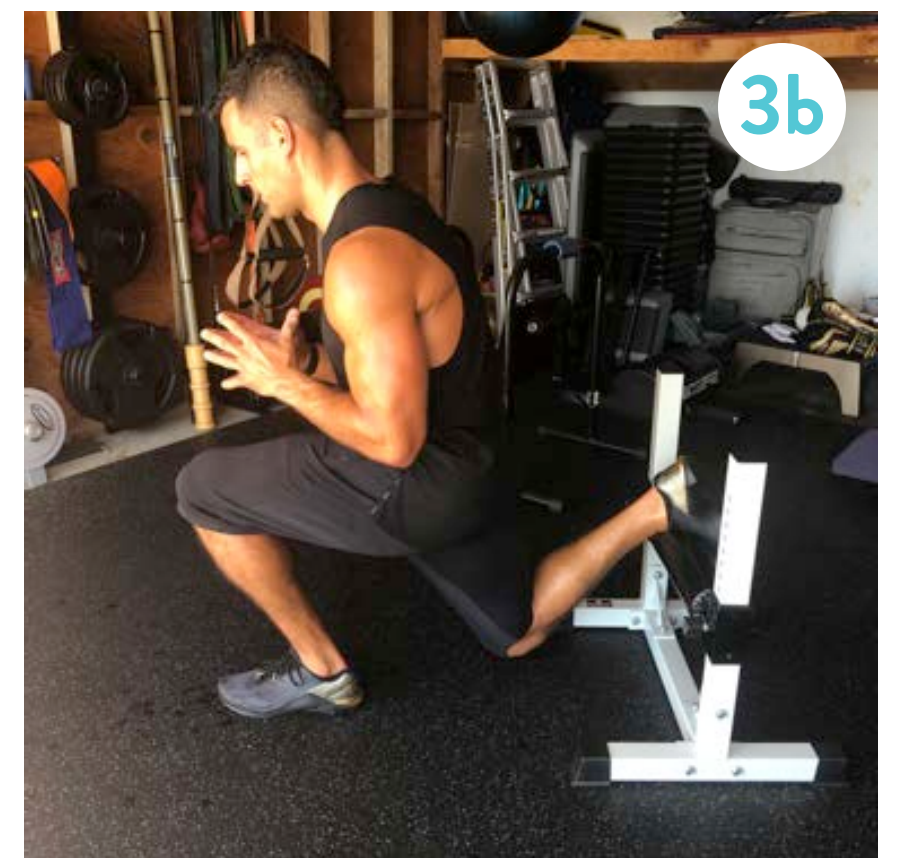
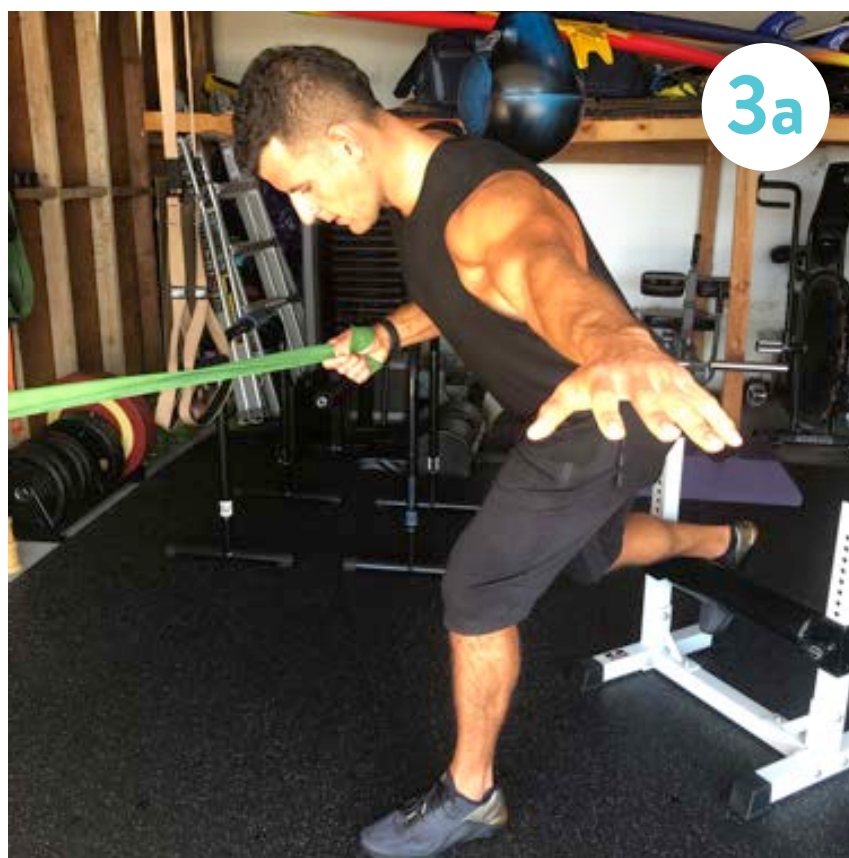
	Exercise	Work	Rest
2a	Band 1-2 Combos (Jab-Cross) <i>Orthodox Stance</i>	90s	0s
2b	Band 1-2 Combos (Jab-Cross) <i>Southpaw Stance</i>	90s	0s



Round 3

Strength Stack

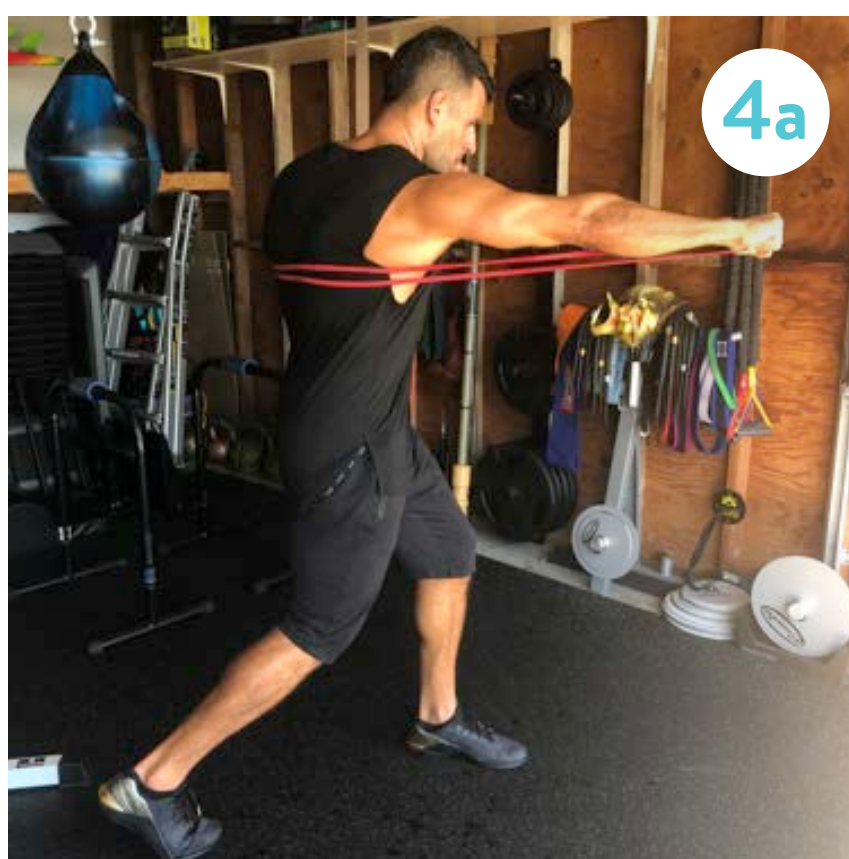
	Exercise	Work	Rest
3a	Band Bulgarian Rows <i>Right Arm, Left Leg</i>	90s	0s
3b	Bodyweight Bulgarian Split Squats <i>Left Leg</i>	90s	0s



Round 4

Shadow Boxing Combo

	Exercise	Work	Rest
4a	Band 1-2-1-2 Combos (Jab-Cross-Jab-Cross) <i>Orthodox Stance</i>	90s	0s
4b	Band 1-2-1-2 Combos (Jab-Cross-Jab-Cross) <i>Southpaw Stance</i>	90s	0s



Completing all 4 rounds is one full cycle.
Perform up to 3 total cycles.

See this workout at: <http://tdbj.me/6aw>

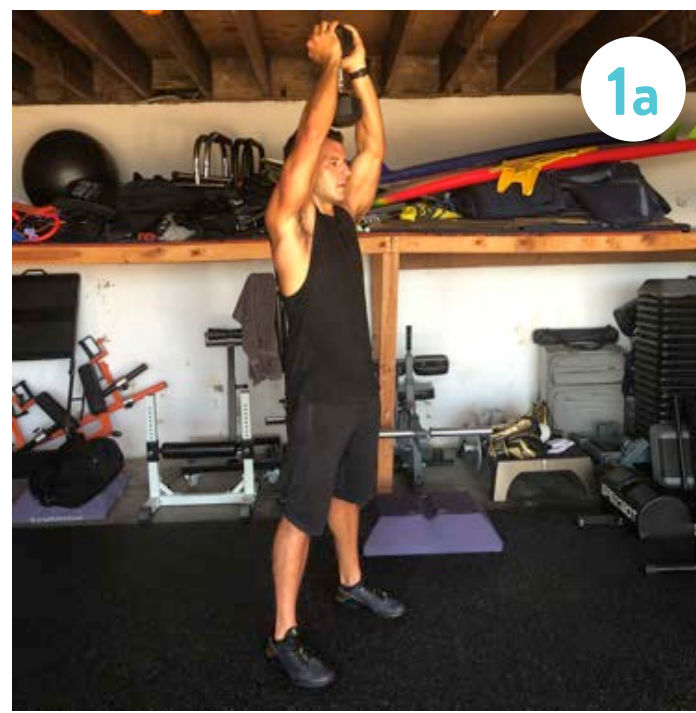
Single Dumbbell & Bodyweight

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:

Round 1

Strength Stacks

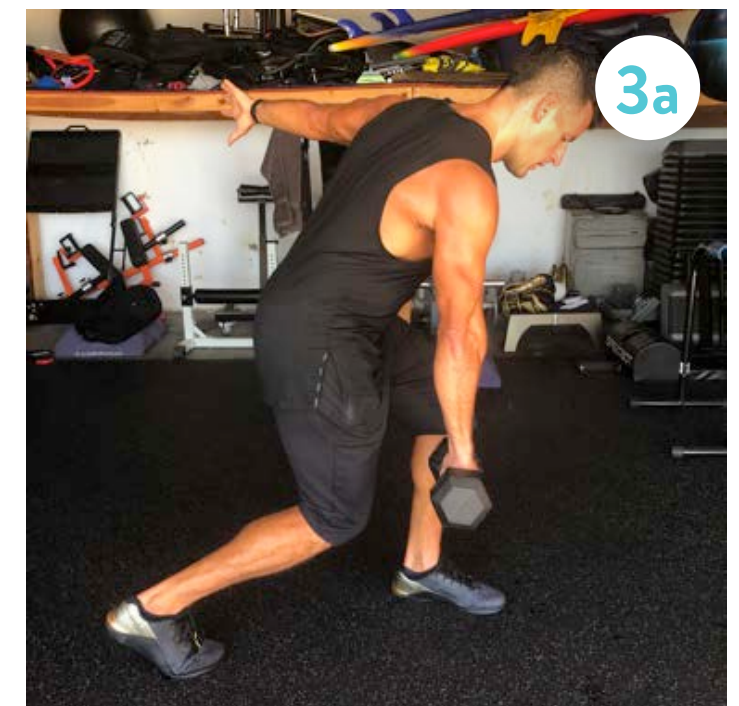
	Exercise	Work	Rest
1a	Dumbbell Goblet Presses	60s	0s
1b	Dumbbell Goblet Reverse Lunges	60s	0s
1c	Dumbbell Goblet Squats	60s	0s



Round 2

Shadow Boxing Combo

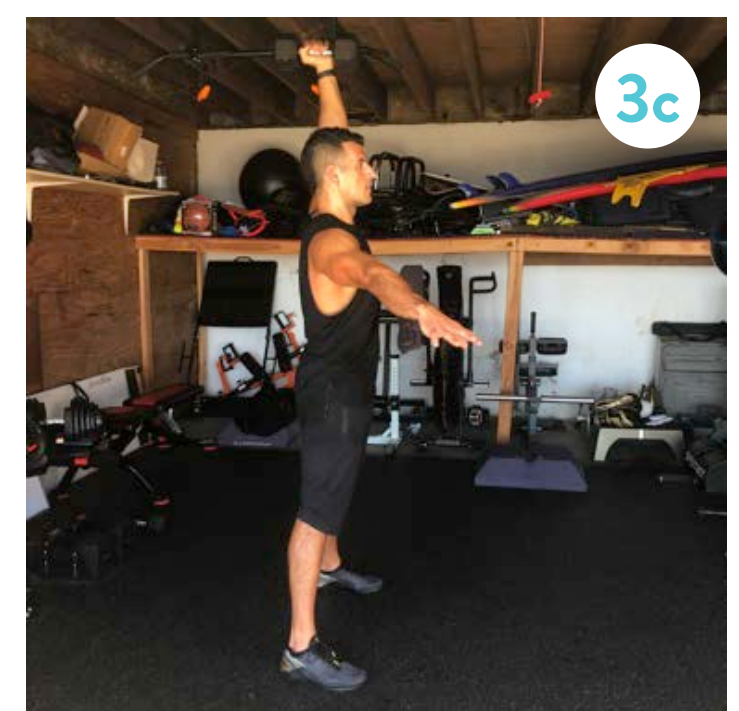
	Exercise	Work	Rest
2a	1-1-2 Combos (Jab-Jab-Cross) <i>Orthodox Stance</i>	90s	0s
2b	1-1-2 Combos (Jab-Jab-Cross) <i>Southpaw Stance</i>	90s	0s



Round 3

Strength Stacks

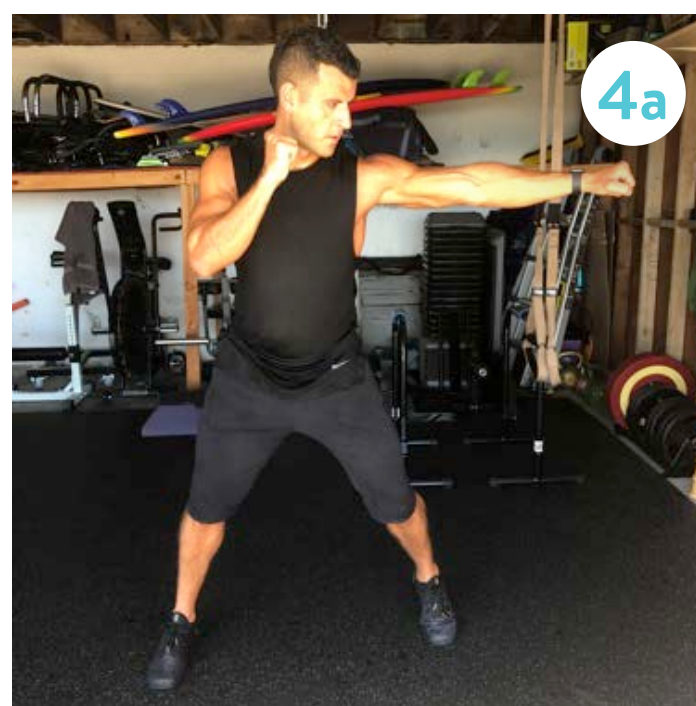
	Exercise	Work	Rest
3a	Dumbbell Rotational Clean to Switch Press <i>to Left</i>	60s	0s
3b	Dumbbell Rotational Clean to Switch Press <i>to Right</i>	60s	0s
3c	Dumbbell 1-Arm Switch Snatch	60s	0s



Round 4

Shadow Boxing Combo

	Exercise	Work	Rest
4a	1-2-1 Combos (Jab-Cross-Jab) <i>Orthodox Stance</i>	90s	0s
4b	1-2-1 Combos (Jab-Cross-Jab) <i>Southpaw Stance</i>	90s	0s



Completing all 4 rounds is one full cycle.
Perform up to 3 total cycles.

See this workout at: <http://tdbj.me/z42>

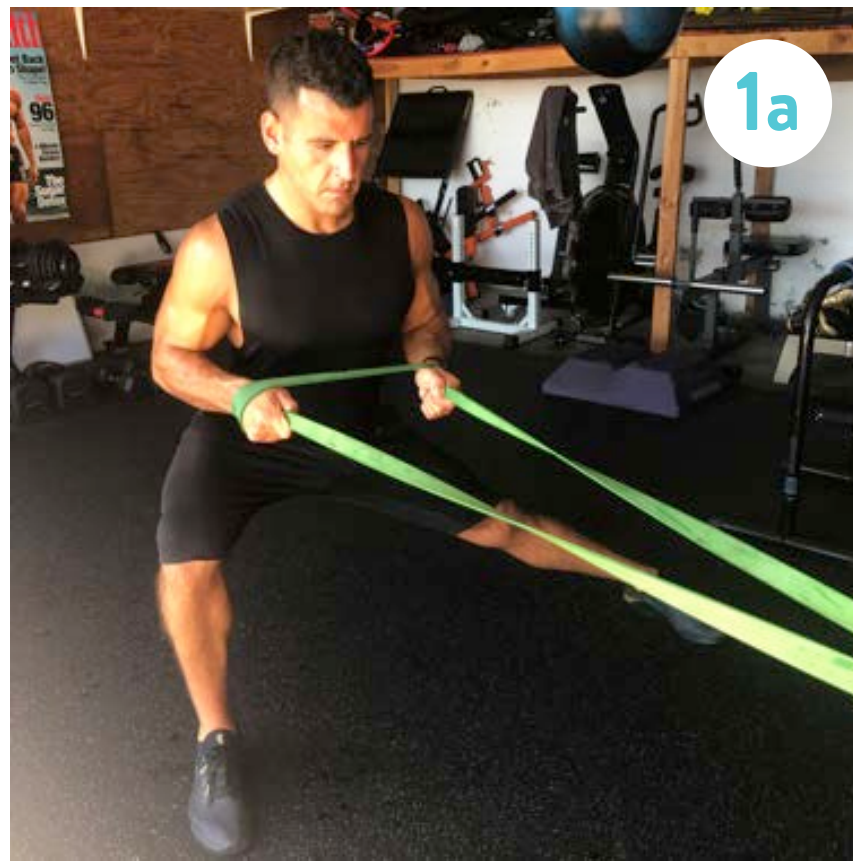
Bands

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:

Round 1

Strength Combos Stack

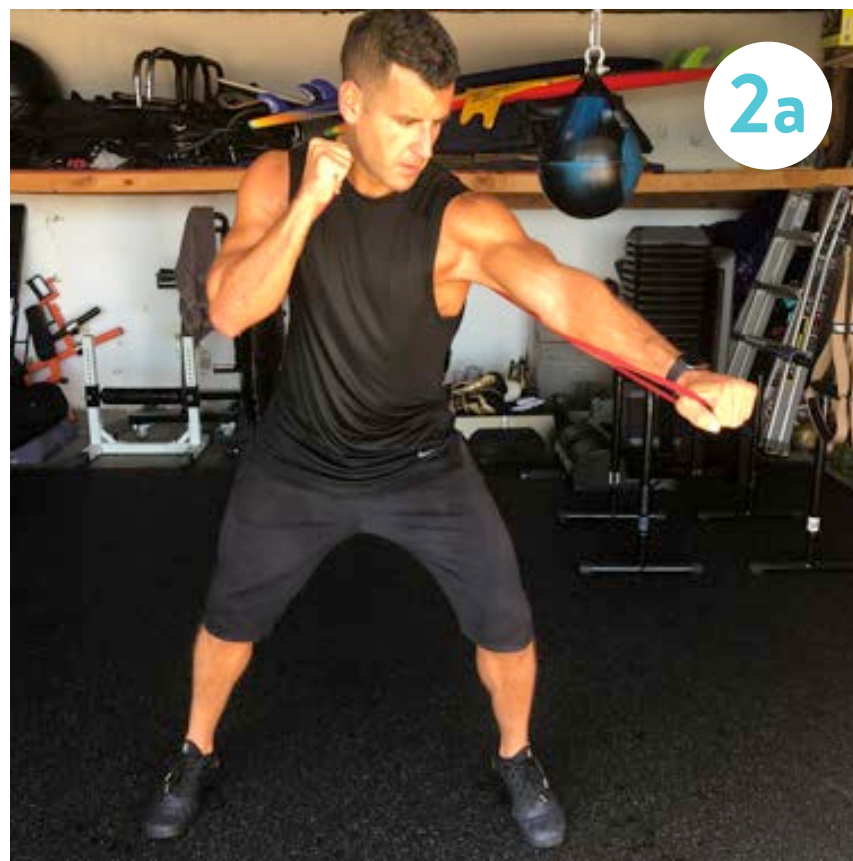
	Exercise	Work	Rest
1a	Alternating Lateral Lunge to Row	90s	0s
1b	Alternating Reverse Lunge to Row	90s	0s



Round 2

Shadow Boxing Combo

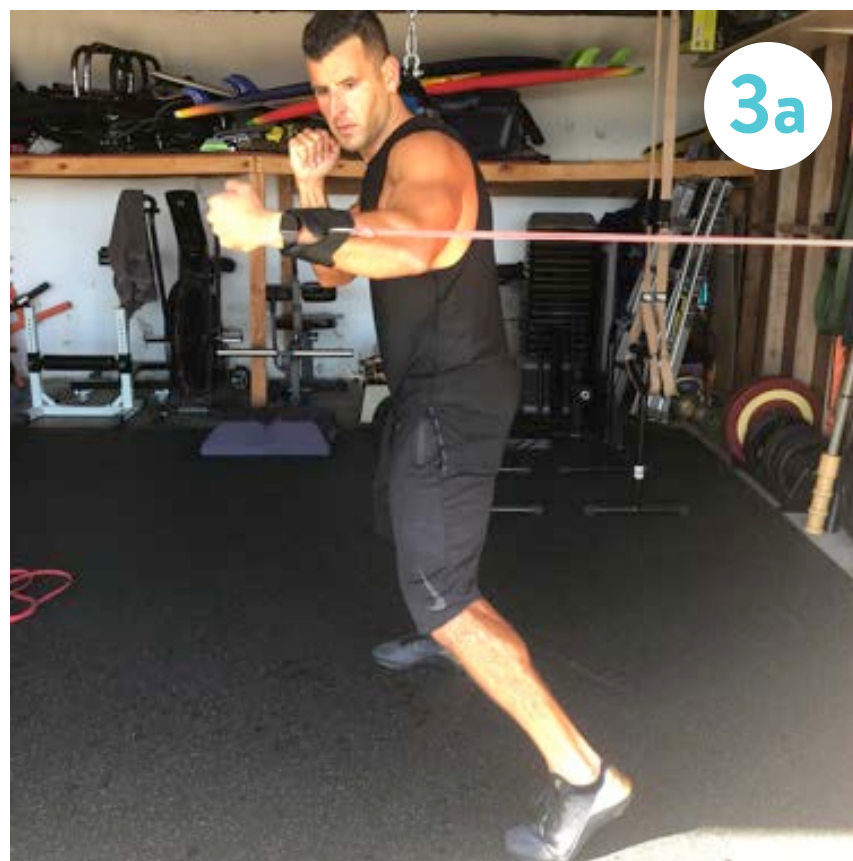
	Exercise	Work	Rest
2a	Band Jab Body – Cross Head Combos <i>Orthodox Stance</i>	90s	0s
2b	Band Jab Body – Cross Head Combos <i>Southpaw Stance</i>	90s	0s



Round 3

Shadow Boxing Combo

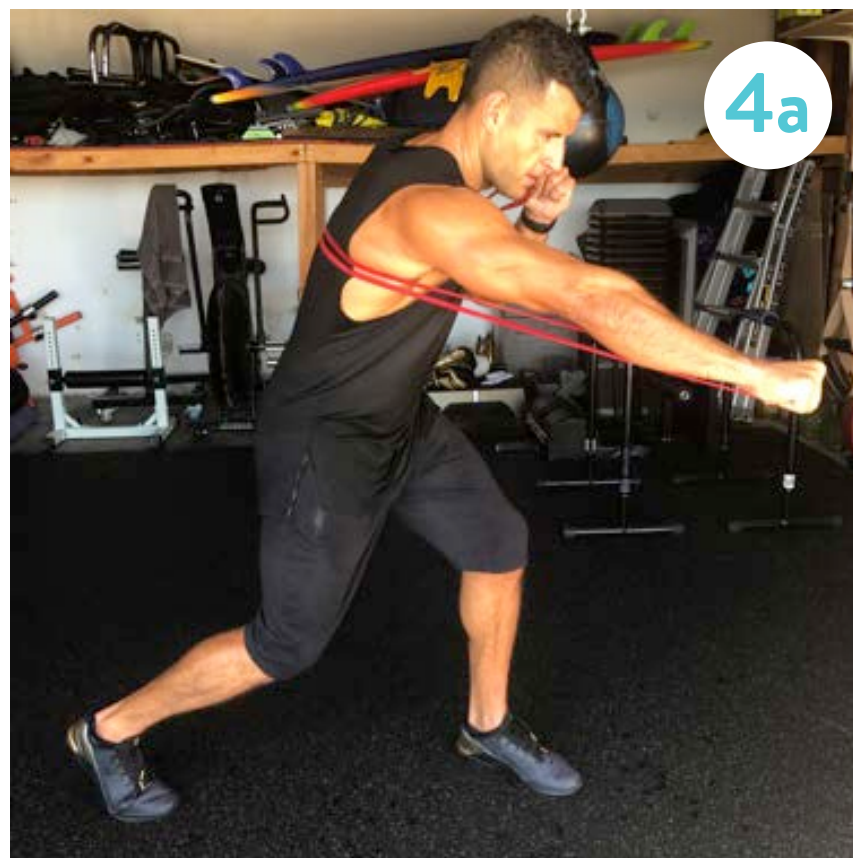
	Exercise	Work	Rest
3a	Band Hooks <i>Orthodox Stance</i>	90s	0s
3b	Band Hooks <i>Southpaw Stance</i>	90s	0s



Round 4

Shadow Boxing Combo

	Exercise	Work	Rest
4a	Band Jab Head – Cross Body Combos <i>Orthodox Stance</i>	90s	0s
4b	Band Jab Head – Cross Body Combos <i>Southpaw Stance</i>	90s	0s



Completing all 4 rounds is one full cycle.
Perform up to 3 total cycles.

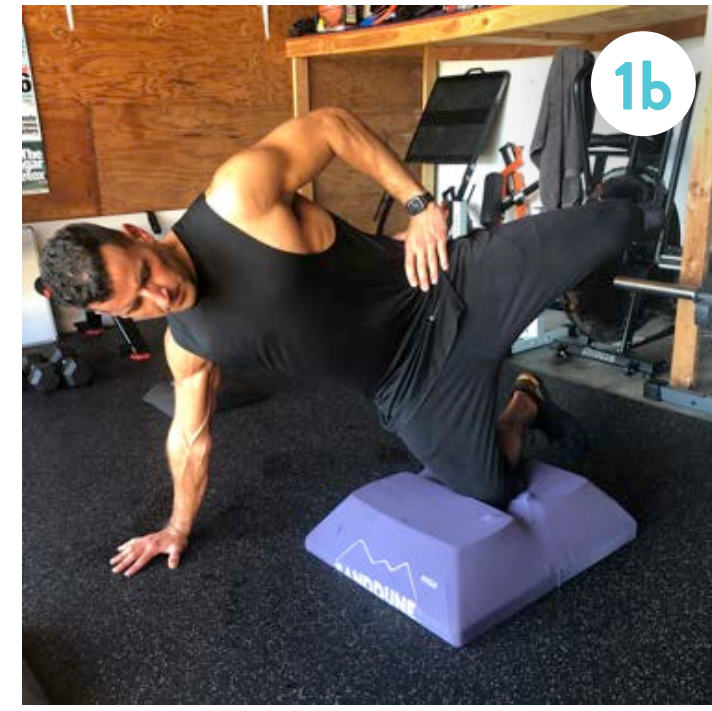
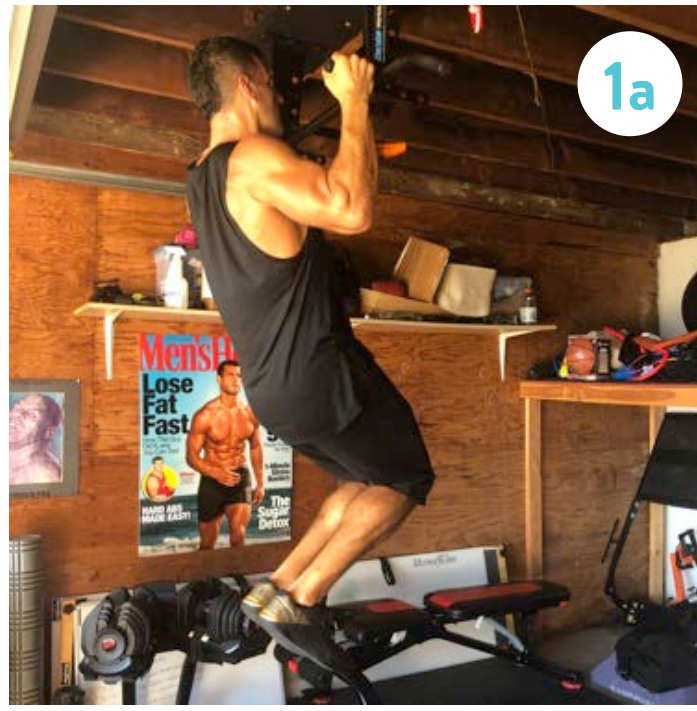
See this workout at: <http://tdbj.me/7be>

Premium Equipment Bodyweight

Perform each round for 3 minutes of total work exactly as prescribed below. Rest 30-60 seconds between rounds:

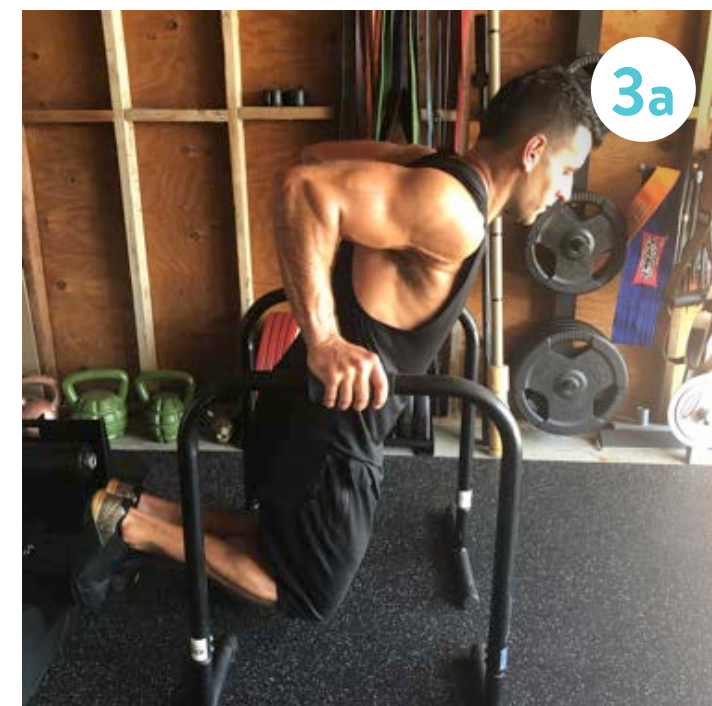
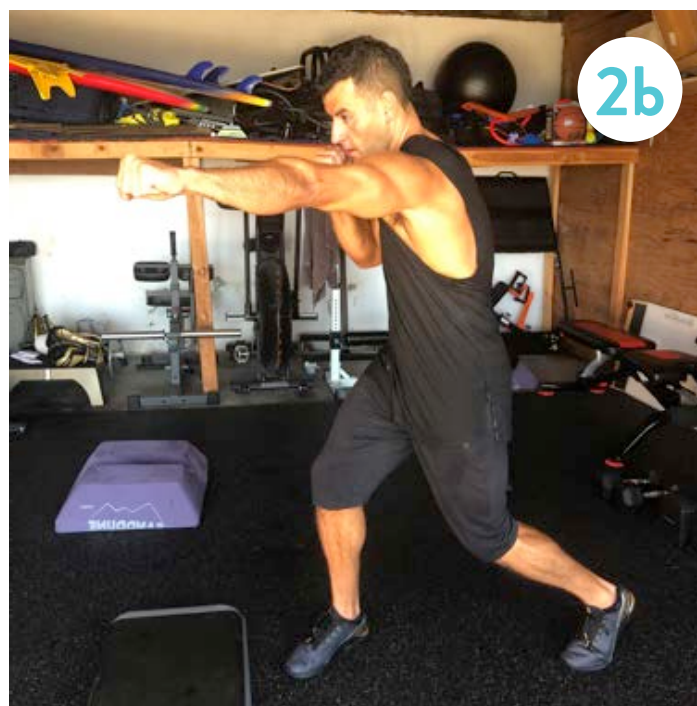
Round 1 Strength Stack

	Exercise	Work	Rest
1a	Eccentric Pullups/Rows	60s	0s
1b	Extended Side-Lying Hip Raises <i>Left Side</i>	60s	0s
1c	Extended Side-Lying Hip Raises <i>Right Side</i>	60s	0s



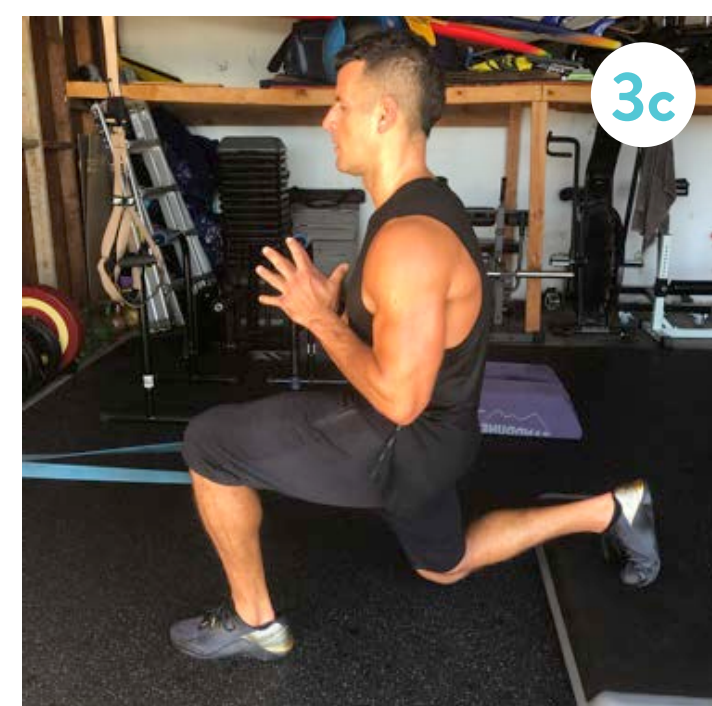
Round 2 Shadow Boxing Combo

	Exercise	Work	Rest
2a	2-3-2 Combos (Cross-Hook-Cross) <i>Orthodox Stance</i>	90s	0s
2b	2-3-2 Combos (Cross-Hook-Cross) <i>Southpaw Stance</i>	90s	0s



Round 3 Strength Stack

	Exercise	Work	Rest
3a	Eccentric Dips / Pushups	60s	0s
3b	Banded Low Box RFE Split Squats <i>Left Side</i>	60s	0s
3c	Banded Low Box RFE Split Squats <i>Right Side</i>	60s	0s



Round 4 Shadow Boxing Combo

	Exercise	Work	Rest
4a	Triple Hooks (High-Low-High) <i>Orthodox Stance</i>	90s	0s
4b	Triple Hooks (High-Low-High) <i>Southpaw Stance</i>	90s	0s



Completing all 4 rounds is one full cycle. Perform up to 3 total cycles.

See this workout at: <http://tdbj.me/b5l>