

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

### Round 2

#### Shadow Boxing Combo

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

### Round 3

#### Strength Combos Stack

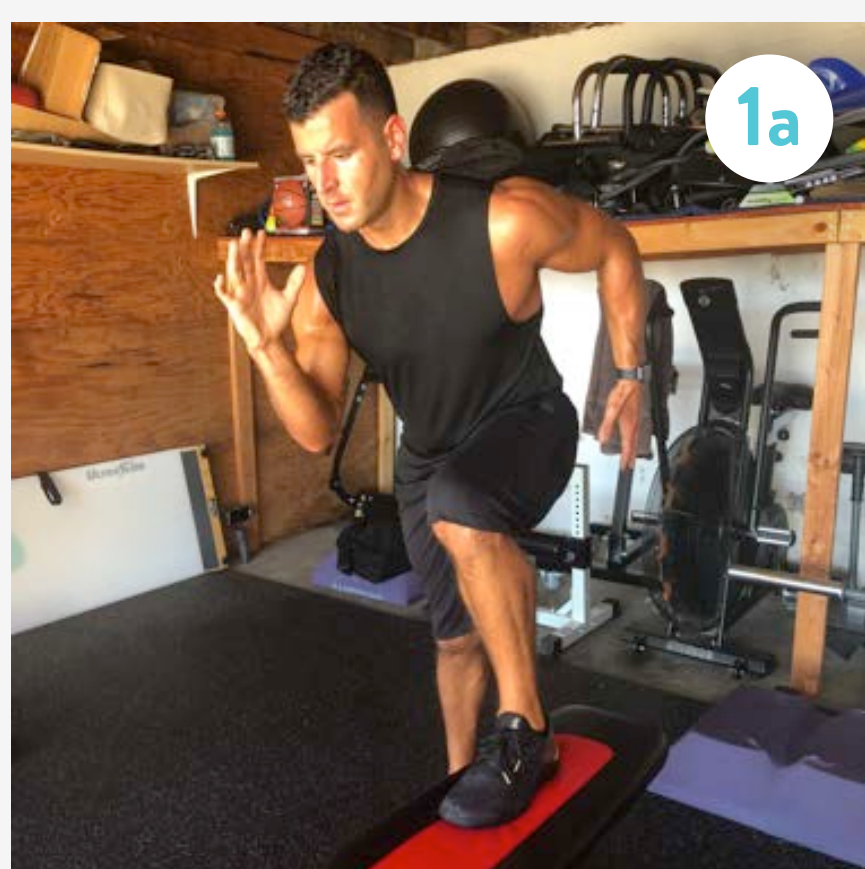
	Exercise	Work	Rest
3a	<b>Reverse Lunge to Lateral Stepup Jump</b> <i>Right Side</i>	90s	0s
3b	<b>High Bear Crawl</b>	90s	0s

### Round 4

#### Shadow Boxing Combo

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

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



1a



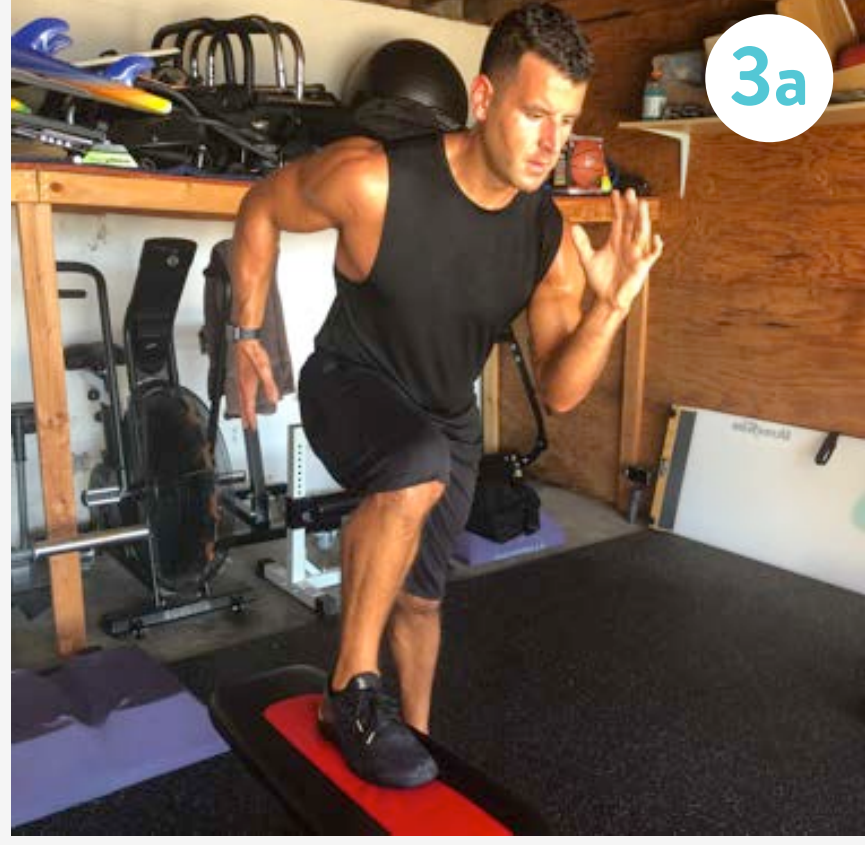
1b



2a



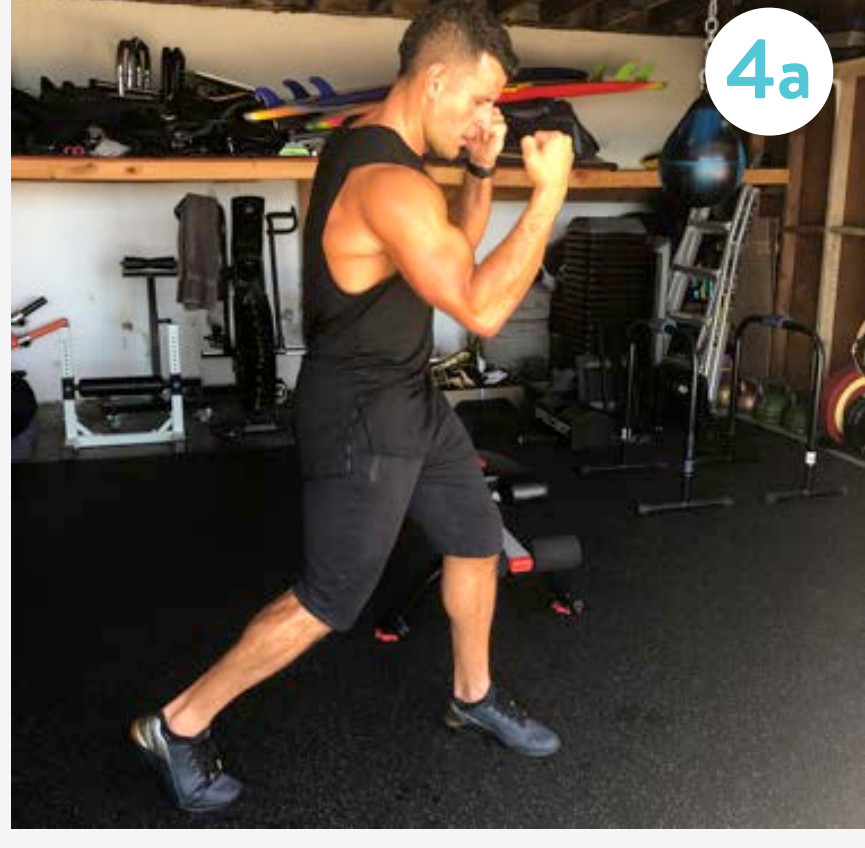
2b



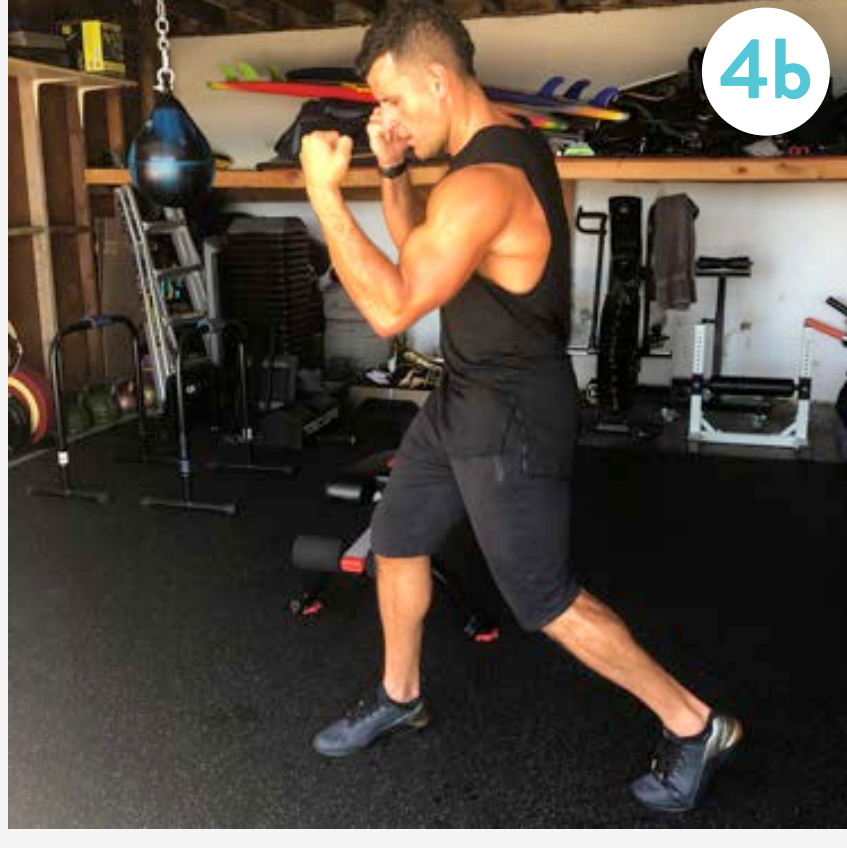
3a



3b



4a



4b