

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.

