

## 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.

