

# Intermediate

Performance: 20 By 20 Boxing

30 - 50 Minutes: At Your Own Pace

## Controlled Movements & Punches

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### Home

Round 1: Lower	Round 2: Upper	Round 3: Combo
<b>2 - 3 Sets</b>		
<b>20 Seconds Each Movement &amp; Punches</b>		
Jumping Jacks	Single Jab: Left	Jab(Right) - Jab(Left) - Hook(Right)
Invisible Jump Rope	Single Jab: Left	Jab(Left) - Jab(Right) - Hook(Left)
Stationary Roll	Double Jab: Left & Right	Uppercut(Right) - Uppercut(Left) - Hook(Right)
Overhead Scissors	Hook: Left	Uppercut(Left) - Uppercut(Right) - Hook(Left)
Hip Transitions	Hook: Right	Freestyle
	Double Hook: Left & Right	
	Uppercut: Left	
	Uppercut: Right	
	Double Uppercut: Left & Right	

**Stretch**

Daily Stretches