

Before/During: Breath/Focus/Purge/Be

Quick – Anytime / Any Duration

- Hold position or move super slow & FLEX
- How Fast Can U Move
Kick/Punch/Grapple/Block (KPGb) etc.
- Walking and running (outside, in place, Tred)
- MA Socks Leg Workout on a smooth floor.
- Weights, pullups, pushups, burpies, etc.
- Weapons, Bag, MA. Feats of Strength/Balance
- Yoga / Ride / Run / Swim

One

1. Hanging Feet Arms to Stretch /Pullups
2. Backups / Situps and holds / Planks
3. Knees folded under, feet up, lay back
4. Cat w/Judo Pushups w/hamstring stretch
5. Rt/Lt Leg Up Dog / Down Dog
6. Hamstring Stretch/leg up lean forward.
7. Standing Holds / Kicking and Punching.

Two

1. Yoga Roundelay: Stand, Rt. Lf. Up/Down,

Three

1. 5 judo pushups
2. Stand Rt yoga style, 5 judo push,
3. Stand Lt leg, 5 judo push,
4. 25 squats, 50 situps, 10 Backups Hold.

Four

1. Sit-up/Pushup/Lunge(SPL) .
2. No Move Training Flex/Holds, Speed Move.

Five

1. 50 situps
2. 40 pushups
3. 50 deep swats
4. 50 MMA Punch/Kick

Six

1. 20 Standing Side Kicks
2. 20 Back Bends
3. 20 leg mixed kicks / both legs

Seven

1. 20 balance round kicks (F/S/B/S)
2. 5 minutes deep stretching
3. 55 speed situps

Eight

1. Dynabee 5 min both hands
2. While holding 1 leg balance position

Nine

1. 50 Fast Jumping Jacks or Burpies
2. Stretching
3. 20 mixed pushups w/ bars etc.
4. 30 lunges each leg

Ten

1. 50 situps
2. 50 Swats kicks
3. 50 back and side bends
4. Deep Stretch

Eleven

1. Backstretch
2. 50 Situps
3. 50 Judo pushups
4. Deep Stretch

Twelve

1. 50 Mixed KPGb
2. 50 situps

Thirteen

1. Squat KPGb

Fourteen (Simultaneously)

- Dynabee 7 min each hand
- Stretching and breathing
- Squat kicks

**Train to Be: STRONG, FAST, ENDURING,
BALANCED, GRACEFUL, FLEXIBLE, AGILE, PRECISE,
INTENSE, COORDINATED, CONTROLLED, TOUGH,
DEXTEROUS, AMBIDEXTROUS**