

Before/During: Meditate/Purge Mind

### **Quick - Anytime**

- Hold position and FLEX
- How Fast Can U Move
- Walking and running (outside, in place, Tred)
- MA Socks on Wood floor.
- Weights, pullups, pushups, etc.
- Weapons, Bag, MA
- Yoga/ Ride / Run / Swim

### **One**

1. Hanging Feet Arms to Stretch / Pull ups
2. Backups and hold
3. Sit-ups and holds
4. Knees folded under lay back
5. Cat w/Judo Pushups w/hamstring stretch
6. Rt/Lt Leg Up Dog / Down Dog
7. Hamstring Stretch / leg up lean forward.
8. Standing Holds / Kicking and Punching.

### **Two**

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

### **Three**

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

### **Four**

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

### **Five**

1. 50 sit ups
2. 40 push ups
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 sit-ups

### **Eight**

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

### **Nine**

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

### **Ten**

1. 50 sit-ups
2. 50 Swats kicks
3. 50 back and side bends
4. Deep Stretch

### **Eleven**

1. Back stretch
2. 50 Sit ups
3. 50 Judo push ups
4. Deep Stretch

### **Twelve**

1. 30 squat kicks
2. 50 sit-ups

### **Thirteen**

1. Twist with Knee Strike
2. Squat Knee and Kick Strikes
3. Standing twist w/Elbow Strike

### **Fourteen (Simultaneously)**

- Dynabee 7 min each hand
- Stretching and breathing
- 37 squat kicks w/ heal off floor

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