

X17: BODYWEIGHT

by *BJ Gaddour*



Workout Goals

- Master boxing basics
- Improve reaction speed, dexterity, rhythm & coordination
- Low-impact fast-twitch fiber & cardio training

	<i>Exercise</i>	<i>Work</i>	<i>Rest</i>
1	<i>Shin Box Switch</i>	<i>3:00</i>	<i>1:00</i>
2	<i>Jab-Cross (1-2) Combo Footwork</i>	<i>3:00</i>	<i>1:00</i>
3	<i>Lead Hook (3)</i>	<i>3:00</i>	<i>1:00</i>
4	<i>1-2-3 Combo Ladder</i>	<i>3:00</i>	<i>1:00</i>
5	<i>1, 2, 1-1, 1-2, 1-3, 2-3, 1-2-3 Combo Reaction</i>	<i>3:00</i>	<i>0:00</i>

**Perform all 5 rounds
for a 20-minute full-body
fat-burning workout!**

Switch stances halfway into ROUNDS 2-5.

@BJGaddour | BJGaddour.com