## Warm Up & Stretching

<table>
<thead>
<tr>
<th></th>
<th>LOW INTENSITY</th>
<th>MEDIUM INTENSITY</th>
<th>HIGH INTENSITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 - 15 minutes</td>
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</tbody>
</table>

**Note/Advice - Skill Work:** You should not be working at a high intensity, you should feel warm but not tired.

### Jab (1)
- **50 Reps**
- **75 Reps**
- **100 Reps**

### Cross (2)
- **50 Reps**
- **75 Reps**
- **100 Reps**

### Lead Hook (3)
- **50 Reps**
- **75 Reps**
- **100 Reps**

### Rear Hook (4)
- **50 Reps**
- **75 Reps**
- **100 Reps**

**BREAK 2-3 minutes**

### Jab (1)
- **30 Reps**
- **50 Reps**
- **75 Reps**

### Cross (2)
- **30 Reps**
- **50 Reps**
- **75 Reps**

### Lead Hook (3)
- **30 Reps**
- **50 Reps**
- **75 Reps**

### Rear Hook (4)
- **30 Reps**
- **50 Reps**
- **75 Reps**

**BREAK 2-3 minutes**

### Jab (1)
- **30 Reps**
- **50 Reps**
- **75 Reps**

### Cross (2)
- **30 Reps**
- **50 Reps**
- **75 Reps**

### Lead Hook (3)
- **30 Reps**
- **50 Reps**
- **75 Reps**

### Rear Hook (4)
- **30 Reps**
- **50 Reps**
- **75 Reps**

**BREAK 2-3 minutes**

### Jab x110
- **Jab x110**
- **Jab x175**
- **Jab x 250**

### Cross x110
- **Cross x110**
- **Cross x175**
- **Cross x250**

### L Hook x110
- **L Hook x110**
- **L Hook x175**
- **L Hook x250**

### R Hook x110
- **R Hook x110**
- **R Hook x175**
- **R Hook x250**

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**Cool Down / Flexibility & Recap**
**Session Plan - 05**

<table>
<thead>
<tr>
<th>Abdominal Workout</th>
<th>Low Intensity</th>
<th>Medium Intensity</th>
<th>High Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sit Ups</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>2. Leg Raises</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>3. Sit Up + Twist</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>4. V-Sits</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>5. Knees-to-Chest</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>6. Dorsal Raise</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>7. Cross Leg Crunch</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>8. Crossed Leg Crunch</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>9. Side Crunches (Right Leg)</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
<tr>
<td>10. Side Crunches (Left Leg)</td>
<td>5</td>
<td>15</td>
<td>30</td>
</tr>
<tr>
<td>Crunches</td>
<td>10</td>
<td>25</td>
<td>50</td>
</tr>
</tbody>
</table>

*Warm up & Stretch 5-10 minutes*

*Slow paced ENGAGE YOUR CORE*

*Quality not speed Control is Key*

*Use a soft surface Protect your Back & Head*
**METHOD**: This is a fun challenge, so your working to your individual ability.

Complete the series of exercises and then **REPEAT** until you can't do any more - when you fail (or give up), that marks the end of the attempt.

*When your first attempt is complete - **do not start the next attempt until you have had 4 minutes of rest**.*