

## **Eye of the Tiger**

**Mountain Climber**

**Wall Sit**

**Speed Bag with Jog**

**Punch High – Squat Punch Low**

**V Sit – Lean Back then Up to Punch**

**Bicycle Crunches**

**Push Up to Shoulder Touch**

**Plank with Alternating Leg Lifts**

**Fast Upper Cuts**

**Alternating Knee Strike**

**Cross body Punch in Sumo Squat Hold**

**Victory Run (run in place pump arms up like Rocky)**

**Forward Lunge LEFT – Alternating Jabs Front**

**Knee then Kick LEFT**

**Forward Lunge RIGHT – Alternating Jabs Front**

**Knee then Kick RIGHT**

**REPEAT TWICE**