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Owner & Head Instructor



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1. (Boxing) Punch-outs
2. (Kickboxing) Front Push Kicks
3. Push -Ups
4. Rope Unders (Front & Side)
5. Back Rows
6. Plank

WORKOUT #1

1 min work for each movement
1 min rest between sets
3 sets

NAME: _____

Date: _____

SET 1	SET 2	SET 3
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____

Date: _____

SET 1	SET 2	SET 3
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____

Date: _____

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Visit our Instagram account for
full explanation on each of the movements
in our Flow Fridays Series



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