**1.**

Right Jab – Left Jab

*Retreat & Repeat*

****2.

15 seconds quick uppercuts (right and left)

*Retreat & Repeat*

****3.

Left Jab

*Retreat & Repeat*

****4.

Step Up – Right Jab – Left Jab

*Repeat*



****5.

Right Jab – Left Jab – Right Uppercut – Left Uppercut

*Retreat & Repeat*

****6.

15 seconds quick left jab – turn and jog

*Repeat*

****7.

Left Jab – Right Jab – Left Hook

*Retreat & Repeat*

****8.

Right Jab

*Retreat & Repeat*

****9.

Right uppercut – Left uppercut – Squat

*Repeat*

****10.

Step Up – Right Jab – Left Jab

*Repeat*



****11.

15 seconds quick right jab

*Retreat & Repeat*

****12.

Right Jab – Left jab – Right Hook – Left Uppercut

*Retreat & Repeat*