

# KICKBOXING



## DAY 13 INTENSITY CHART

TOTAL REPS PER EXERCISE							
Day 13	Total Reps	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White	337	53	53	60	76	35	60
Orange	367	58	58	65	83	38	65
Yellow	498	78	78	89	113	51	89
Camo	538	85	85	96	121	55	96
Green	575	91	91	102	130	59	102
Purple	614	97	97	109	139	63	109
Blue	652	103	103	116	147	67	116
Brown	691	109	109	123	156	71	123
Red	730	115	115	130	165	75	130
Black Rec	768	121	121	137	173	79	137
1st Deg	805	127	127	143	182	83	143

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TOTAL REPS PER SEGMENT							
Day 13	TOTAL REPS PER SEGMENT	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White		9	9	10	13	6	10
Orange		10	10	11	14	6	11
Yellow		13	13	15	19	9	15
Camo		14	14	16	20	9	16
Green		15	15	17	22	10	17
Purple		16	16	18	23	11	18
Blue		17	17	19	25	11	19
Brown		18	18	21	26	12	22
Red		19	19	22	28	13	22
Black Rec		20	20	23	29	13	23
1st Deg		21	21	24	30	14	24



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## DAY 14 INTENSITY CHART

TOTAL REPS PER EXERCISE							
Day 14	Total Reps	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White	274	62	35	46	39	30	62
Orange	300	68	38	50	43	33	68
Yellow	405	92	51	68	58	44	92
Camo	437	99	55	74	62	48	99
Green	468	106	59	79	67	51	106
Purple	499	113	63	84	71	55	113
Blue	530	120	67	89	76	58	120
Brown	563	128	71	95	80	61	128
Red	595	135	75	100	85	65	135
Black Rec	625	142	79	105	89	68	142
1st Deg	657	149	83	110	94	72	149

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TOTAL REPS PER SEGMENT							
Day 14	TOTAL REPS PER SEGMENT	Ex. 1	Ex. 2	Ex. 3	Ex. 4	Ex. 5	Ex. 6
White		10	6	8	7	5	10
Orange		11	6	8	7	6	11
Yellow		15	9	11	10	7	15
Camo		17	9	12	10	8	17
Green		18	10	13	11	9	18
Purple		19	11	14	12	9	19
Blue		20	11	15	13	10	20
Brown		21	12	16	13	10	21
Red		23	13	17	14	11	23
Black Rec		24	13	18	15	11	24
1st Deg		25	14	18	16	12	25



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## WARRIOR X-FIT COMBINATIONS

The Warrior X-Fit Combinations were specifically designed and based on the 2010 Program Design. In addition, by adhering to these sequences, it will increase the proficiency and intensity of the student. You will use the same combinations for a one week rotation.

The following is a schedule for the 2011 for the striking combinations for Warrior X-Fit:

Week	Combo
31-Dec	Set #1
7-Jan	Set #2
14-Jan	Set #3
21-Jan	Set #4
28-Jan	Set #1
4-Feb	Set #2
11-Feb	Set #3
18-Feb	Set #4
25-Feb	Set #1
4-Mar	Set #2
11-Mar	Set #3
18-Mar	Set #4
25-Mar	Set #1

Week	Combo
1-Apr	Set #2
8-Apr	Set #3
15-Apr	Set #4
22-Apr	Set #1
29-Apr	Set #2
6-May	Set #3
13-May	Set #4
20-May	Set #1
27-May	Set #2
3-Jun	Set #3
10-Jun	Set #4
17-Jun	Set #1
24-Jun	Set #2

Week	Combo
1-Jul	Set #3
8-Jul	Set #4
15-Jul	Set #1
22-Jul	Set #2
29-Jul	Set #3
5-Aug	Set #4
12-Aug	Set #1
19-Aug	Set #2
26-Aug	Set #3
2-Sep	Set #4
9-Sep	Set #1
16-Sep	Set #2
23-Sep	Set #3

Week	Combo
30-Sep	Set #4
7-Oct	Set #1
14-Oct	Set #2
21-Oct	Set #3
28-Oct	Set #4
4-Nov	Set #1
11-Nov	Set #2
18-Nov	Set #3
25-Nov	Set #4
2-Dec	Set #1
9-Dec	Set #2
16-Dec	Set #3
23-Dec	Set #4

The dates these combinations are done will change January 2, 2014.

There are three ways to use these combinations:

- Shadow Boxing
  - No targets, student uses mirror
- With Partner
  - Uses focus mitts where each partner does half the round
- Heavy Bag
  - This is the recommend method by Warrior X-Fit



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## EXPLANATION OF WARRIOR COMBINATIONS

- **Round 1 - Warm up**
  - This round is used to warm up the muscles
- **Round 2 - Dynamic Stretching**
  - Dynamic stretching prepares the joints, tendons, ligaments, and muscles for exercise.
- **Round 3 - Striking Combo #1**
  - Should be done facing the mirror, this gives a preview of the combinations that will be done on targets.
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
  - Hand Combinations (1 minute each)
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
  - Kicks (1 minute each)
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
  - 1<sup>st</sup> hand combination, 1<sup>st</sup> kick combination (1 min)
  - 2<sup>nd</sup> hand combination, 2<sup>nd</sup> kick combination (1min)
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
  - Both hand combinations (1 minute)
  - Both kick combinations (1 minute)
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
  - (Endurance rounds)
  - 1 minute punches
  - 1 minute kicks
- **Round 14 - Exercise #6**
- **Round 15 - Power Stretches**
  - During the Power Stretches you are actively increasing the stretch with each breath.



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## WARRIOR X-FIT COMBINATIONS - SET #1

- **Round 1 - Warm up**
  - 1 min            jump rope
  - 30 sec          hand set
  - 30 sec          knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
  - 30 sec          jab, cross
  - 30 sec          jab, cross, hook
  - 30 sec          left front kick
  - 30 sec          right front kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
  - 1 min            jab, cross
  - 1 min            jab, cross, hook
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
  - 1 min            left front kick
  - 1 min            right front kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
  - 1 min            left front kick, jab, cross
  - 1 min            jab, cross, hook, right front kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
  - 1 min            jab, cross, jab, cross, hook
  - 1 min            left front kick, right front kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
  - 1 min            10 x's straight punches, 10 x's hook punches
  - 1 min            5 x's left front kicks, 5 x's right front kicks
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**



# KICKBOXING



## WARRIOR X-FIT COMBINATIONS - SET #2

- **Round 1 - Warm up**
  - 1 min            jump rope
  - 30 sec          hand set
  - 30 sec          knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
  - 30 sec          cross, hook, cross
  - 30 sec          hook, cross, hook
  - 30 sec          left front kick, right round kick
  - 30 sec          right front kick, left round kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
  - 1 min            cross, hook, cross
  - 1 min            hook, cross, hook
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
  - 1 min            left front kick, right round kick
  - 1 min            right front kick, left round kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
  - 1 min            cross, hook, cross, left front kick, right round kick
  - 1 min            hook, cross, hook, right front kick, left round kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
  - 1 min            cross, hook, cross, hook, cross, hook
  - 1 min            lft front kick, rt round kick, rt front kick, lft round kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
  - 1 min            10 x's straight punches, 10 x's hooks
  - 1 min            5 x's L front kicks, R round kicks, 5 x's R front kicks, L round kick
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**



# KICKBOXING



## WARRIOR X-FIT COMBINATIONS - SET #3

- **Round 1 - Warm up**
  - 1 min            jump rope
  - 30 sec          hand set
  - 30 sec          knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
  - 30 sec          left jab, cross, uppercut
  - 30 sec          right uppercut, hook, cross
  - 30 sec          left round kick
  - 30 sec          right round kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
  - 1 min            jab, cross, uppercut
  - 1 min            right uppercut, hook, cross
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
  - 1 min            left round kick
  - 1 min            right round kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
  - 1 min            left round kick, jab, cross, uppercut
  - 1 min            right uppercut, hook, cross, right round kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
  - 1 min            jab, cross, uppercut, right uppercut, hook, cross
  - 1 min            left round kick, right round kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
  - 1 min            10 x's straight punches, 10 x's hooks, 10 x's uppercuts
  - 1 min            5 x's left round kicks, 5x's right round kicks
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**



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## WARRIOR X-FIT COMBINATIONS - SET #4

- **Round 1 - Warm up**
  - 1 min            jump rope
  - 30 sec          hand set
  - 30 sec          knee set
- **Round 2 - Dynamic Stretching**
- **Round 3 - Striking Combo #1**
  - 30 sec          jab, cross, slip left, hook
  - 30 sec          jab, cross, slip right, hook
  - 30 sec          left side kick
  - 30 sec          right side kick
- **Round 4 - Exercise #1**
- **Round 5 - Striking Combo #2**
  - 1 min          jab, cross, slip left, hook
  - 1 min          jab, cross, slip right, hook
- **Round 6 - Exercise #2**
- **Round 7 - Striking Combo #3**
  - 1 min          left side kick
  - 1 min          right side kick
- **Round 8 - Exercise #3**
- **Round 9 - Striking Combo #4**
  - 1 min          jab, cross, slip left, hook, left side kick
  - 1 min          jab, cross, slip right, hook, right side kick
- **Round 10 - Exercise #4**
- **Round 11 - Striking Combo #5**
  - 1 min          jab, cross, slip left, hook, jab, cross, slip right, hook
  - 1 min          left side kick, right side kick
- **Round 12 - Exercise #5**
- **Round 13 - Striking Combo #6**
  - 1 min          10 x's straight punches, 10 x's hook punches
  - 1 min          5 x's L side kicks, 5x's R side kicks
- **Round 14 - Exercise #6**
- **Round 15 Power Stretches**