

DROP IT AND SCULPT IT
www. *Chris Freytag* **.com**

KickBOX Jam:

Strength:

Lung Series- Reverse lung to knee to kick – mountain climbers
Back – wide and high flies / rows –
Arm arcs- tricep straddle step
Squats – straddle step – 4, 2, 1
Pushup game -

Metabolism boosting Interval workout:

ATHLETIC CARDIO:

“Squat- step together” right, add left knee lift, add arms pressing up-
Single dribble squats
Double dribble center squats-
FAST DRILL: Basketball:
“Shoot a basket – Rebound- move your feet” -
March it out...

ATHLETIC CARDIO:

Tires:
In, In, Out, Out in place
In, in, out, out as you walk it up
Walk it wide and low around the tires as you walk it back

FAST DRILL:

FAST feet front, right, left, front

ATHLETIC CARDIO:

Front lunge L– alternating singles, doubles, ADD power KNEE
Soccer drills:
Opposite ankle touches (left) – lift thru hips
Squat/overhead throws w/ calf raises

FAST DRILL:

Shuffle L kick/ shuffle R kick
Fast soccer dribbles

ATHLETIC CARDIO:

Easy Jog it out , Double up jog –Move frwd double jog, push arms/knee lift back

FAST DRILL:

Single jacks, Double jacks, Power jacks-

FAST DRILL:

jump rope – single feet
jump rope – skip kicks
jump rope -double feet
jump rope – turbo jump –count from 8 – 2 times