

15 Minute Cardio Kick Workout

Instructions:

This is a mixture of cardio and boxing moves. If you are a beginner, then take break as needed. If you are more advanced or get more advanced as you practice you can increase amounts of repetitions or do a few rounds of the exercises for the longer workout. But most important – try to have fun with it!

Exercises in this workout:

1. Step side hook- 16 times
2. Step side punch to the ceiling- 16 times
3. Step side uppercut – 16 times
4. 3 knee to chest cross punch – 4 times
5. 3 knee to chest cross punch (other side) – 4 times
6. Side leg lifts 8 times to side kicks 8 times
7. Side leg lifts 8 times to side kicks 8 times (other side)
8. 2 Shuffle touch the floor – 4 times
9. Side step squat low punch wide across- 16 times
10. Side step punch to the floor- 16 times
11. Jacks - 16 times
12. Lounges raise hands then lower - 8 times
13. Hip Lounge tricep kicks - 8 times
14. Lounge squats lateral hand raises - 8 times
15. Bend down to reach foot – 8 times
16. Slide it out- 16 times
17. Lounges raise hands then lower - 8 times (other side)
18. Hip Lounge tricep kicks - 8 times (other side)
19. Lounge squats lateral hand raises - 8 times (other side)
20. Bend down to reach foot – 8 times (other side)
21. Slide it out- 16 times
22. Jab and cross punch - 16 times
23. Jab and cross punch - 16 times (other side)
24. Hook and Uppercut - 16 times
25. Hook and Uppercut - 16 times (other side)

26. Combo -Jab and cross punch, Hook and Uppercut – 16 times faster
27. Combo -Jab and cross punch, Hook and Uppercut – 16 times faster (other side)
28. 4 Kicks front, 4 Jacks back with switching arms up and down – 2 times
29. Kick, Jump Kick, 2 Jacks, switch sides – 4 times
30. Kick forward, kick back - 16 times
31. Kick forward, kick back - 16 times (other side)
32. Knee to chest, knee to chest with power(optional), punch across high and punch low - 4 times
33. Knee to chest, knee to chest with power(optional), punch across high and punch low - 4 times (other side)
34. Squat touch floor, side kick – 8 times
35. Squat touch floor, side kick – 8 times (other side)
36. Uppercut low, Uppercut high, switch sides – 8 times
37. Step to roundhouse, step back, punch across – 4 times
38. Step to roundhouse, step back, punch across – 4 times (other side)
39. Combo – Jab, cross punch, hook, uppercut, step to roundhouse, punch across high, punch low – 2 times
40. Combo – Jab, cross punch, hook, uppercut, step to roundhouse, punch across high, punch low – 2 times (other side)
41. Jack and Jab – 16 times
42. 4 Side Kicks, 4 Jacks switch sides – 2 times
43. 2 Side Kicks, 2 Jacks switch sides – 4 times
44. Punch front, punch wide, punch wider and uppercut – 4 times
45. Jab, Jab and cross punch, jump back, jump 180 degrees.
46. And Stretch!