



Sample Workout 1

Intro workout:

Perform all dynamic stretches

Perform each switch consecutively until your form breaks down (time yourself) 90 seconds rest in between each set.

- Underswitch
- Jumping underswitch
- Scorpion from bear
- Scorpion from crab
- Side kickthrough
- Front Kickthrough

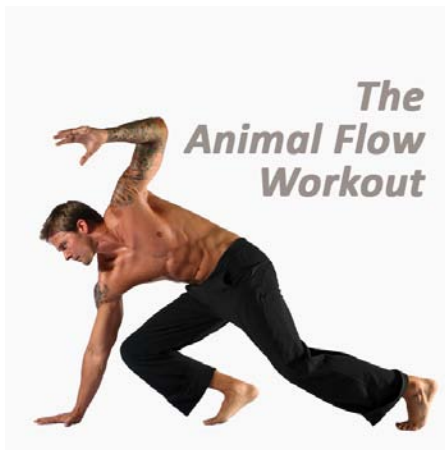
Box drill 1: Forward/backwards crab; Forwards/backwards ape. Time how long it takes to reach fatigue, rest two times that amount and move to the next box drill

Box drill 2: Forwards/backwards Bear; Sideways traveling Ape, same as before

Practice - dedicate time to skill building. Don't focus on time or intensity, just perfect form and performing each move flawlessly. Perform multiple rounds of each combo:

- Combo 1
- Combo 2





Sample Workout 2

Workout 2 (indoor or outdoor):

Perform all dynamic stretches

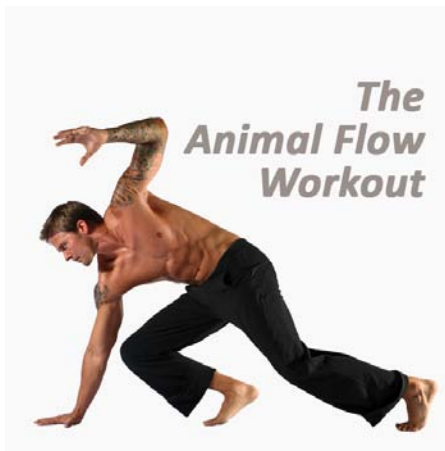
Perform all switches for 30 seconds with one minute rest in between x 3 sets

- Underswitch
- Jumping underswitch
- Scorpion from beast
- Scorpion from crab
- Side kickthrough
- Front Kickthrough

Perform Combos for 2 minutes with 90 seconds rest between each form x 2 sets

- Combo 1
- Combo 2
- Combo 3





Sample Workout 3

Workout 3:

Perform all dynamic stretches

Perform all switches for one minute, rest for one minute in between each switching form

- Underswitch
- Jumping underswitch
- Scorpion from beast
- Scorpion from crab
- Side kickthrough
- Front kickthrough

Perform 1 full cross drill per animal form: ape, beast and crab. Rest for thirty seconds between each form x 2 sets.

Perform two full pyramid drills consecutively x 3 sets

Practice - dedicate time to skill building - don't focus on time or intensity, just perfect form and performing each move flawlessly. Perform multiple rounds of each combo.

- Combo 2
- Combo 5





Sample Workout 4

Workout 4:

Perform all dynamic stretches

Perform side kickthroughs as fast as you can for 30 second intervals with 60 second rest intervals x 6 sets.

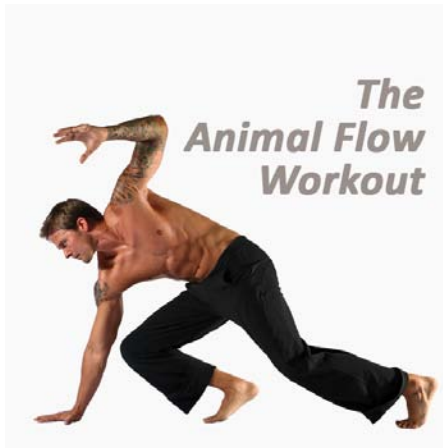
Perform front kickthroughs as fast as you can for 30 second intervals with 60 second rest intervals x 6 sets.

Box drills: forward beast/side traveling apes – see how many boxes you can complete in one minute. Rest two minutes.

Box drills: forward crab/ape – see how many boxes you can complete in one minute. Rest two minutes.

Practice - dedicate time to skill building - don't focus on time or intensity, just perfect form and performing each move flawlessly. Perform multiple rounds of each combo.

- Combo 3
- Combo 6



Sample Workout 5

Workout 5:

Perform all dynamic stretches

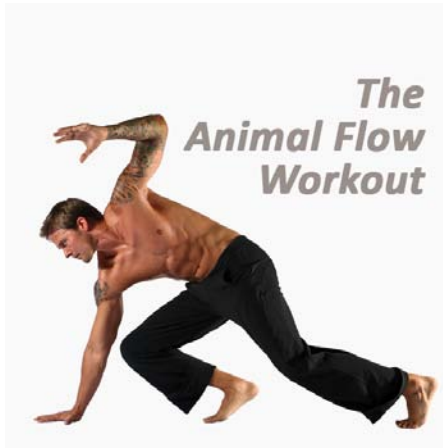
Traveling side and front kickthroughs, 2 minutes on, 2 minutes off x 4 sets.

Pyramid drill: perform 4 minute pyramid drills with 90 second break x 2 sets.

Cross drill: Perform all forms for one minute each: ape, beast and crab. No rest between forms, 60 second break after each set x 3 sets.

Practice - dedicate time to skill building - don't focus on time or intensity, just perfect form and performing each move flawlessly. Perform multiple rounds of each combo.

- Combo 4
- Combo 3



Sample Workout 6

Workout 6 (may be performed indoors or outdoors):

Perform all dynamic stretches:

Perform all switches as fast as you can for 30 seconds with 30 seconds rest between x 2 sets

- Underswitch
- Jumping underswitch
- Scorpion from beast
- Scorpion from crab
- Side kickthrough
- Front kickthrough

Perform all combos for 1 minute each with 1 minute rest in between, X 2 sets.

- Combo 1
- Combo 2
- Combo 3
- Combo 4
- Combo 5
- Combo 6

