



**R-1 BOXING**

**R-2 BOXING**



## TWO 3 MIN ROUNDS

**STATION #1** REVERSE BUTTERFLY - BI CURL  
CURL TO SHOULDER PRESS

**STATION #2** SQUAT JUMPS - BICYCLE  
CRUNCHES

**STATION #3** HAMMER CURL - BACK ROW

**STATION #4** JUMPING JAX - HALF BURPEE

**STATION #5** PUSH PRESS - SIDE ARM RAISE

**STATION #6** BOXING & CORE

