



WORKOUT SCHEDULE

WITH LANCHANA GREEN

BIKE 'N' BAGWORK

45 secs x Bike
45 secs x Punchbag Boxing & Kicks
45 secs x Bike
45 secs x Punchbag Knees & Elbows
45 secs x Bike
45 secs x Punchbag All Strikes

PROGRESS NOTES

Equipment: Stationary Bike. Punchbag.
High work rate on both stations. Max effort.
Rest Period: 15 secs between exercises. 1-2 mins
between rounds.
Rounds: 3-5.