



# WORKOUT SCHEDULE

WITH LANCHANA GREEN

## PUNCH BAG & PUSH UPS

- 10 x Plyo Push Ups**
- 20 x Push Ups**
- 30 x Hooks on the Bag**
- 40 x Straight Punch on the Bag**
- 50 x Knees on the Bag**
- 40 x Kicks on the Bag**
- 30 x Elbows on the Bag**
- 20 x Push Kicks on the Bag**
- 10 x Combo Burpee's with Push Up**

## PROGRESS NOTES

**Equipment: Punchbag, Gloves (optional)**

**Rest Period: 1-2 minutes.**

**Rounds: 3-4.**