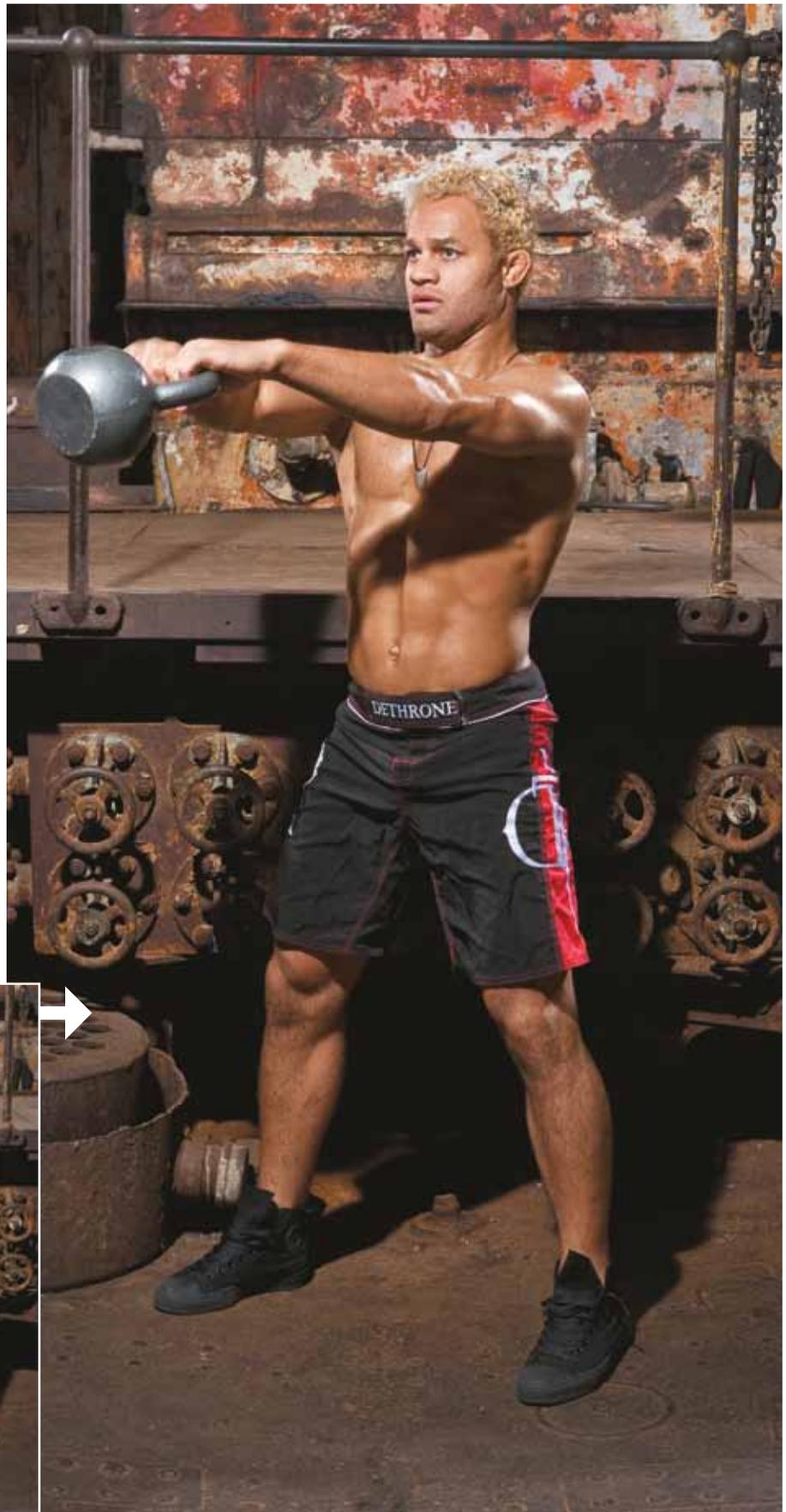


# Directions

● **FREQUENCY:** Perform the workout 1-2 times per week. You can do a heavier-weight workout on the days in between. **NOTE:** You can substitute the kettlebell with a dumbbell for every exercise.

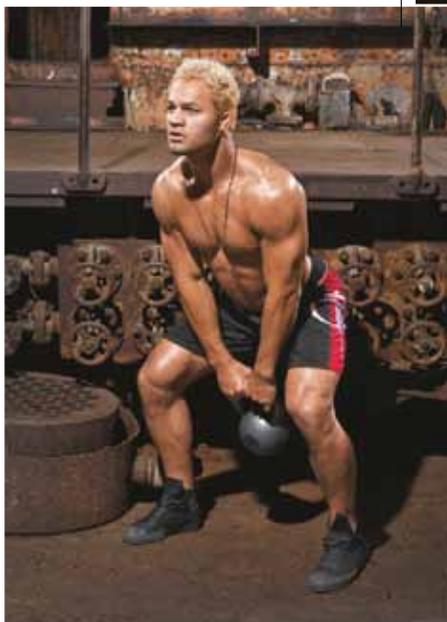
● **TIME NEEDED:** 15mins

● **DO IT:** Perform as a circuit, completing 1 set of each exercise in succession. Do as many reps as you can for 25secs, then take 5secs to rest and go to the next exercise. Good form is essential – don't let yours break down. Go all out until you complete the circuit. It should take about 5mins – the length of an MMA fight round (if you're lucky to last that long). Rest as needed between circuits the first week, but shorten your rest periods as you improve. (When you get down to a 1-minute rest, you should have ring-ready abs!) Repeat the circuit 3 times. Beginners, do only 1 circuit initially, then add a round every week until you can do 3.



## 1) KETTLEBELL SWING

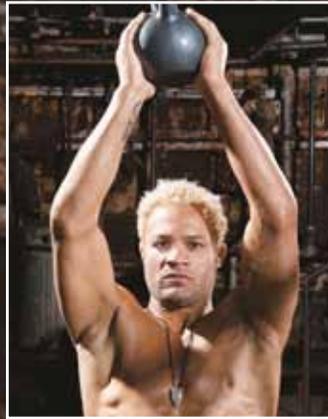
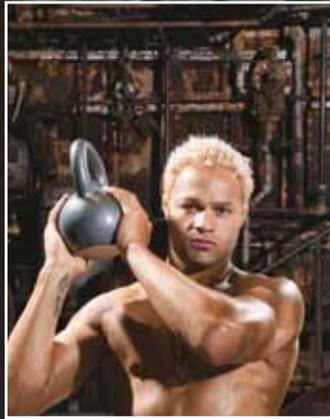
● Hold a kettlebell between your legs and explosively extend your hips to swing it up to eye level.



# 2

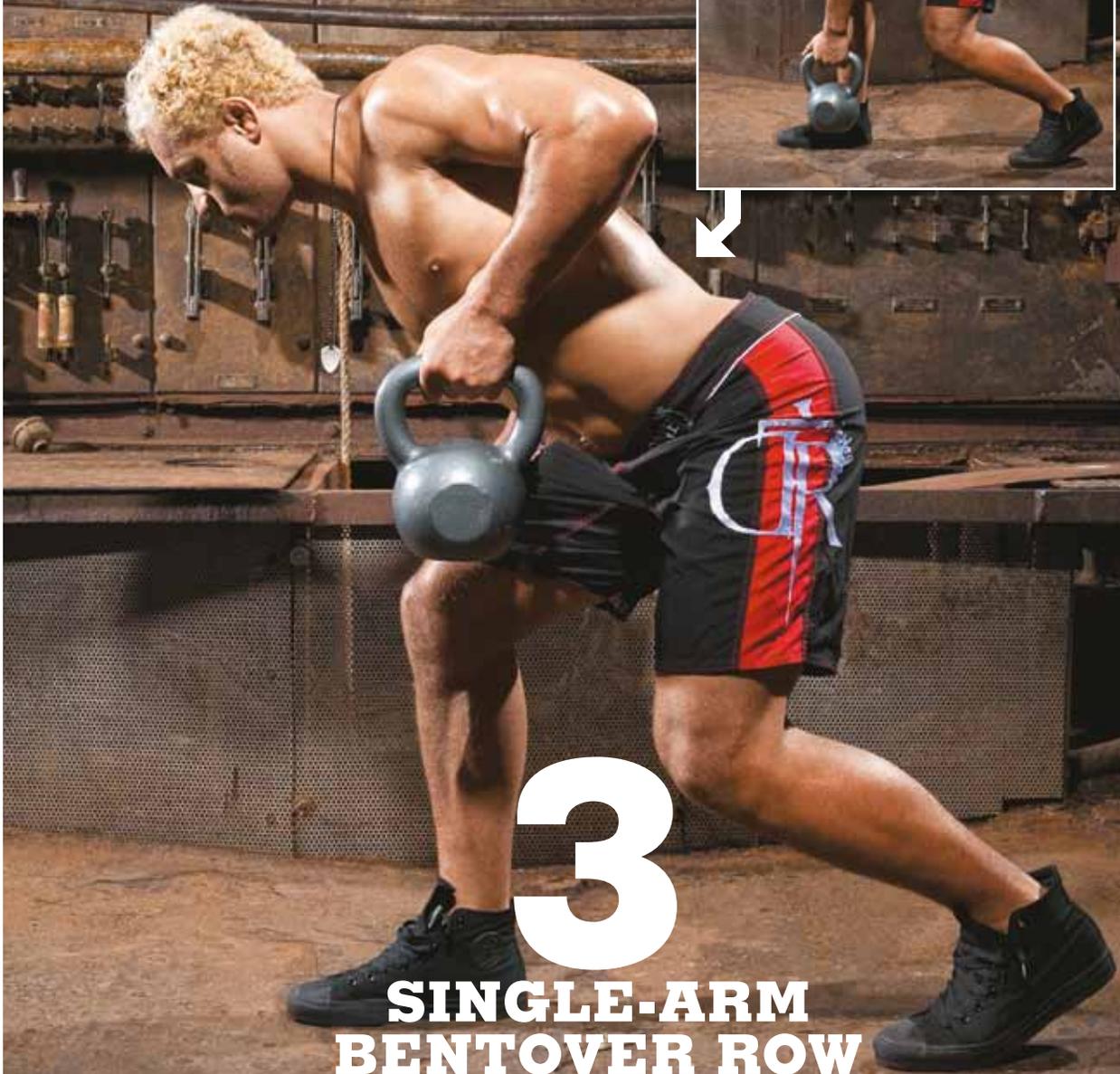
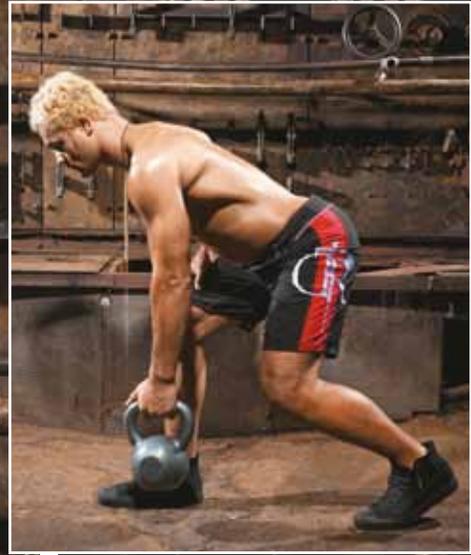
## SHOULDER-TO-SHOULDER PRESS

● Hold the kettlebell over one shoulder and press it straight overhead. Lower it to the opposite shoulder.



# 42

NUMBER OF  
WRESTLING  
MATCHES  
KOSCHECK WON  
HIS JUNIOR YEAR  
IN COLLEGE -  
EVERY ONE  
HE ENTERED

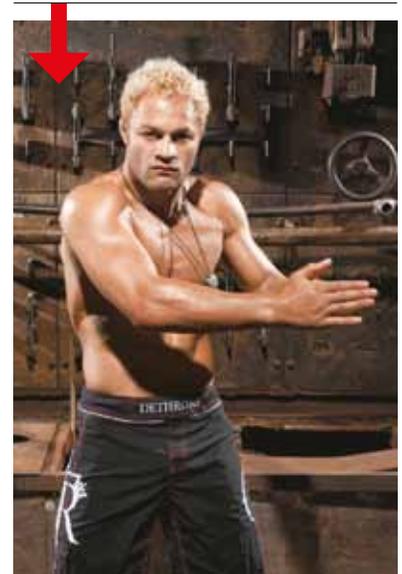
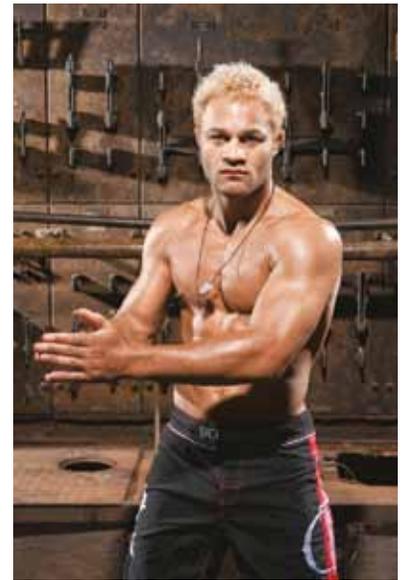
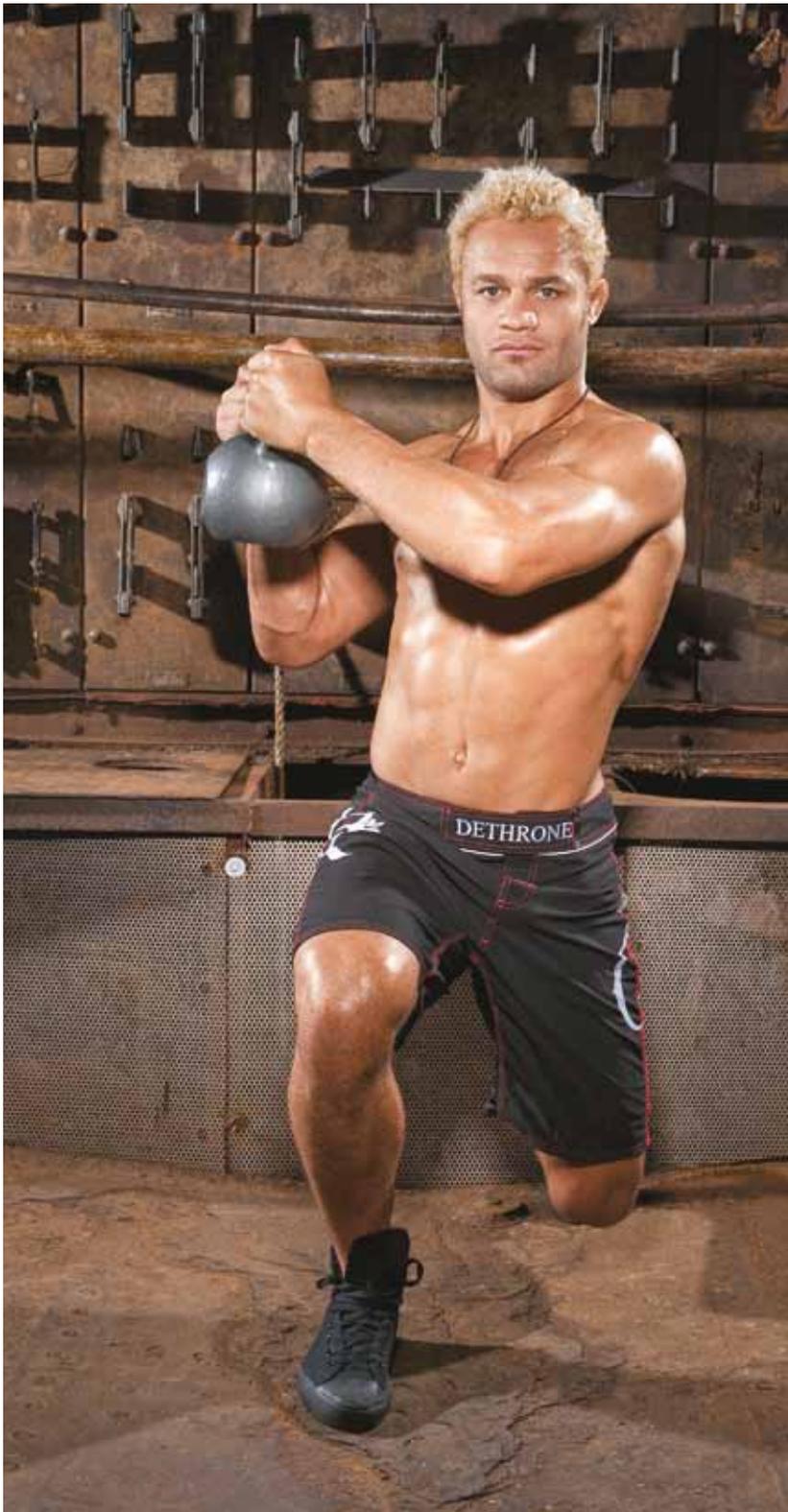


# 3

## SINGLE-ARM BENTOVER ROW

- Hold the kettlebell in one hand and stagger your stance so one leg is in front of the other. Keeping your lower back in its natural arch, bend at the hips and lower your torso so it's nearly parallel to the floor. Row the weight to your side. Do 25secs on each side.





# 5

## TIGHT CORE ROTATION

● Stand in an athletic stance and hold your palms together in front of your chest. Rotate side to side about 45 degrees, as fast as possible. Keep your elbows in line with your shoulders and your lower body braced – the movement occurs only at the trunk.



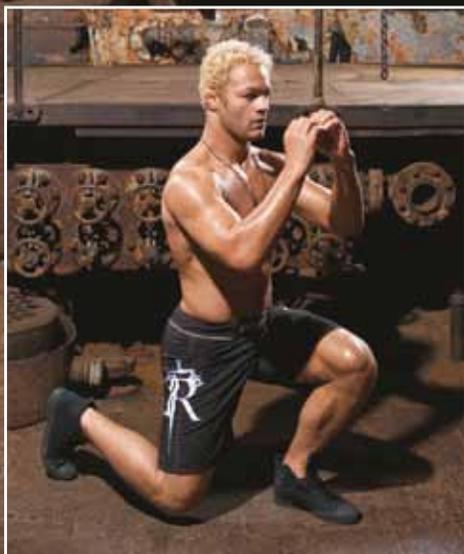
## 4) LUNGE WITH ROTATION

● Hold the kettlebell under your chin as if your hands were up to protect you in a boxing stance. Step forward and lower your body until your front thigh is parallel to the floor and your rear knee nearly touches the floor. Twist your torso in the direction of your front leg as far as you can. Alternate legs for 25secs.

# 6

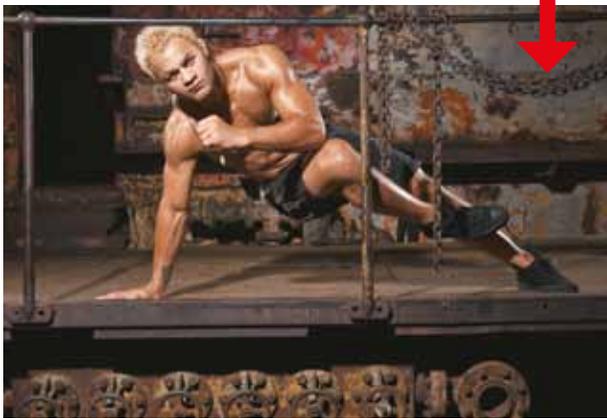
## REVERSE LUNGE WITH KNEE STRIKE

● Step back into a lunge position with your hands up to protect your face. Then reverse the motion, raising the lunging leg into the air for a knee strike. Drive your knee up high, point your toe down and pull your arms to that knee's side as if you were driving a knee to an opponent's head. Do 25secs on each leg.



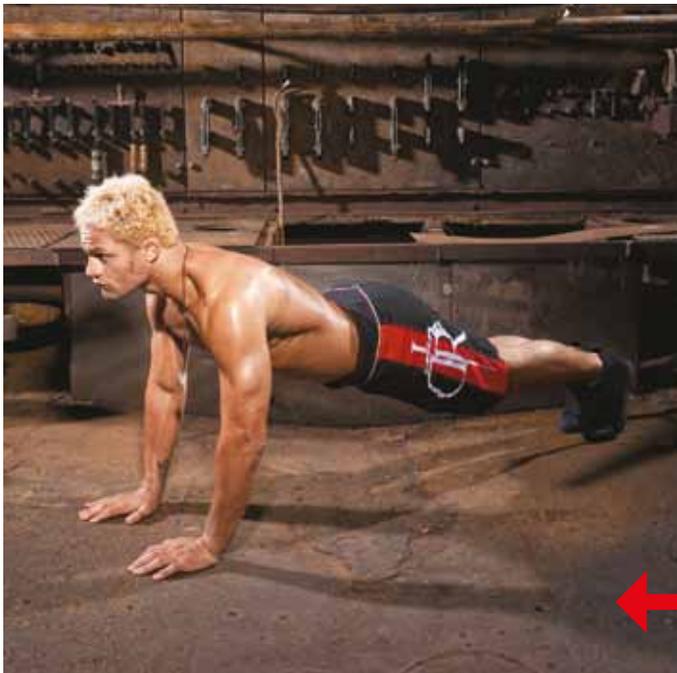
**839**  
CALORIES

HOW MUCH YOU  
BURN IN  
1 HOUR  
OF MUAY  
THAI  
KICKBOXING



## 7) FIGHTER PUSH-UP

● Perform a push-up then twist to your left side and raise your right knee to meet your left elbow. On the next rep, raise your left knee to your right elbow.



# 8

## BURPEE TO BOXER GUARD

● Quickly squat down and touch the floor. Then get into push-up position. Reverse the motion to come back up and put your hands up by your chin. Move as quickly as possible through each rep.

