



# POWER PUNCH

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>WK 1</b>	Live Virtual Training Session	Boom30: GKX101	Just Box15: Base Breakdown Beginner	Blast20: Muscle Endurance	Boom30: Balance	Regen20: Rest	Rest Day
<b>WK 2</b>	Boom30: BMDM	Rest Day	Just Box15: Focusing on Shadowboxing	Blast20: Sculpting the Entire Body	Boom30: Combos & Balance	Regen25: Team B & R	Rest Day
<b>WK 3</b>	Boom30: Footwork Strength	Rest Day	Just Box15: 17-Combo	Blast15: Kettlebell Flow	Boom30: Full Body Bodyweight Burn	Recovery20: Tissue Reinforcement	Rest Day
<b>WK 4</b>	Boom40: Jump rope	Blast20: Lower Body Tabata	Rest Day	Just Box15: Footwork	Boom40: Full Body	Regen20: Lower Body Focus	Rest Day