

# [combat] HIIT

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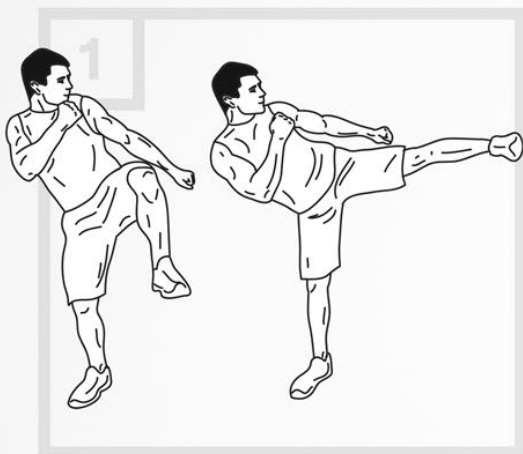
Day 1 | Practice

Level I 5 rounds

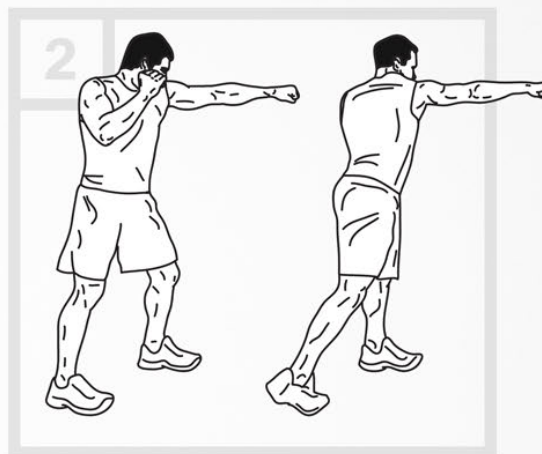
Level II 10 rounds

Level III 15 rounds

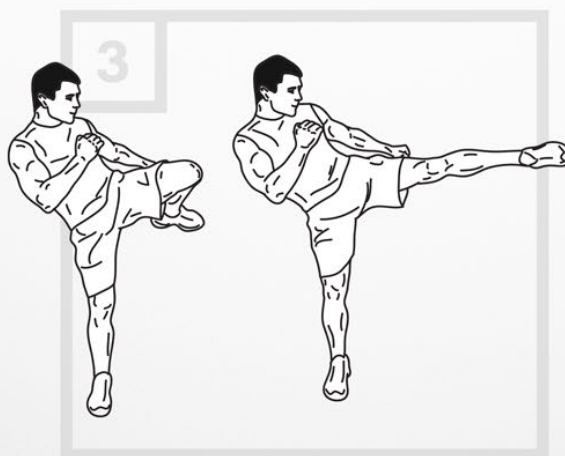
1 minute rest between rounds



**20sec** side kicks



**20sec** punches



**20sec** turning kicks

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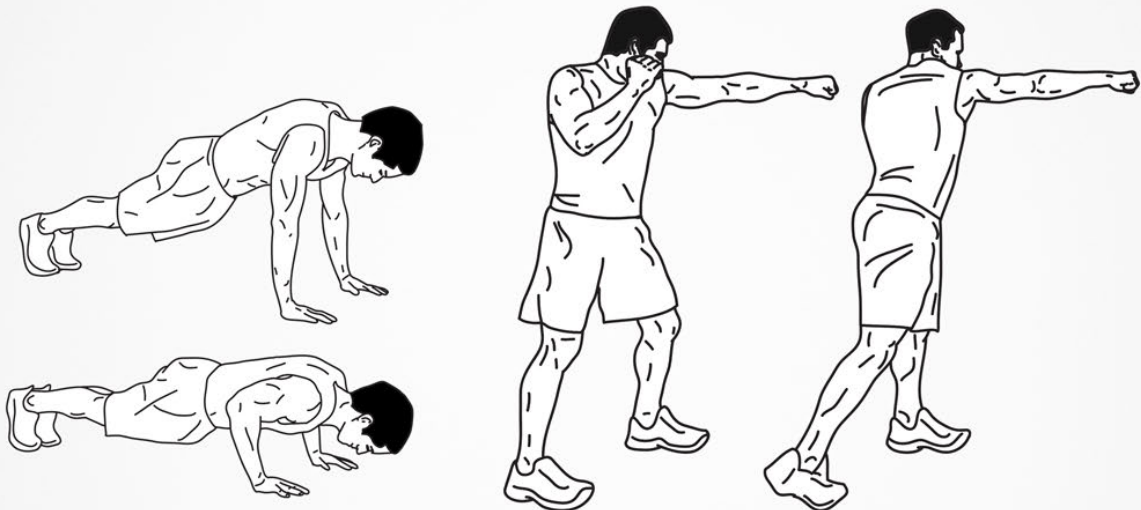
## Day 2 | Power HIIT

Level I 3 rounds

Level II 4 rounds

Level III 5 rounds

1 minute rest between rounds



10 seconds

20 seconds

10 seconds

20 seconds

10 seconds

20 seconds

rest

push-ups

punches

push-ups

punches

push-ups

punches

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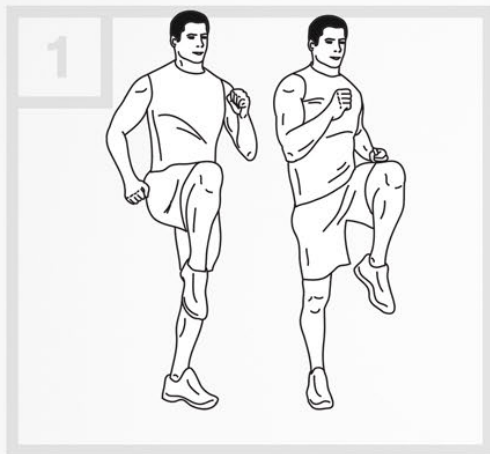
## Day 3 | Practice

Level I 5 rounds

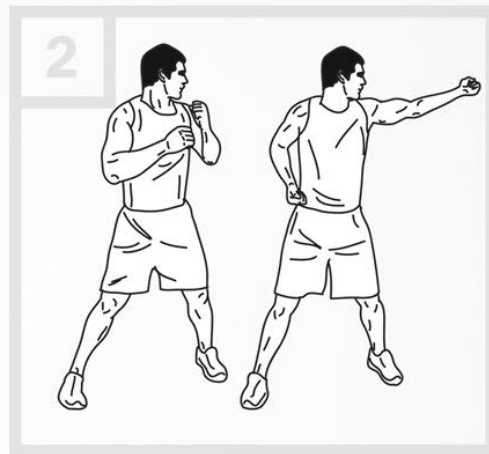
Level II 10 rounds

Level III 15 rounds

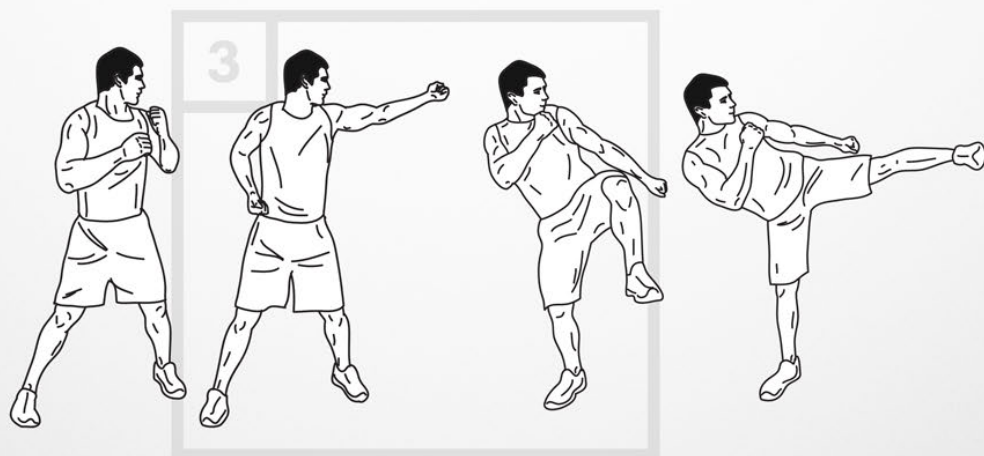
1 minute rest between rounds



**10sec** high knees



**20sec** backfists



**30sec** backfist + side kick

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## Day 4 | Abs

Level I 3 rounds

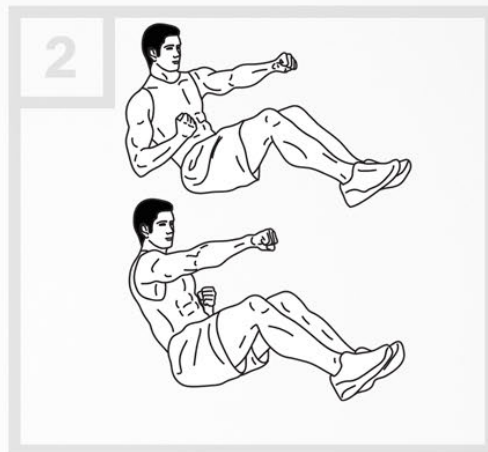
Level II 4 rounds

Level III 5 rounds

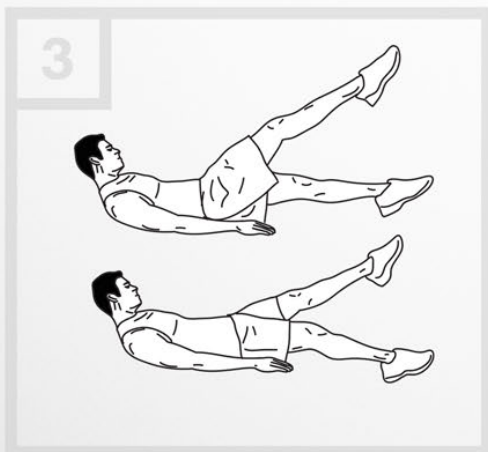
1 minute rest between rounds



**15sec** sit-up punches



**15sec** sitting punches



**15sec** flutter kicks



**15sec** sitting twists

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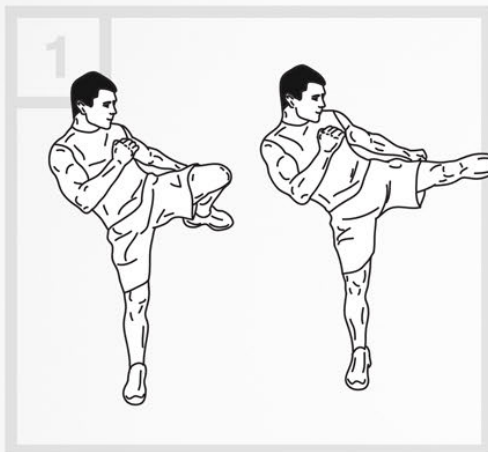
Day 5 | Speed Work

Level I 5 rounds

Level II 10 rounds

Level III 15 rounds

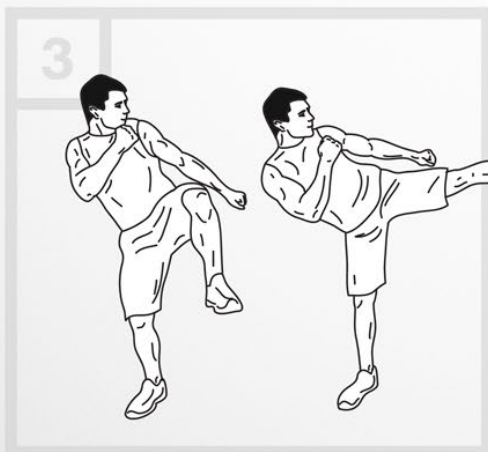
1 minute rest between rounds



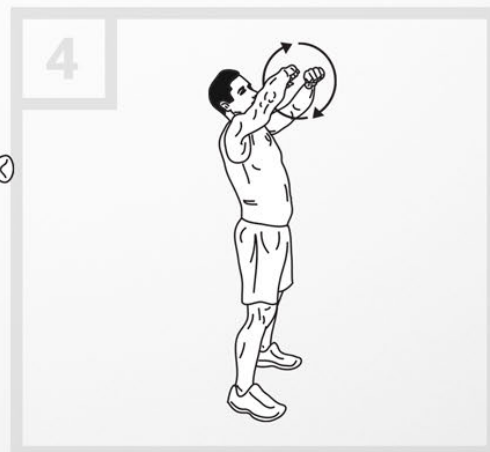
**20sec** turning kicks



**20sec** speed bag punches



**20sec** side kicks



**20sec** speed bag punches



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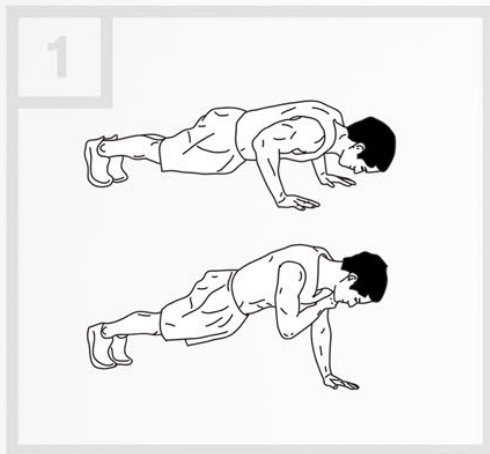
## Day 6 | Power HIIT

Level I 3 rounds

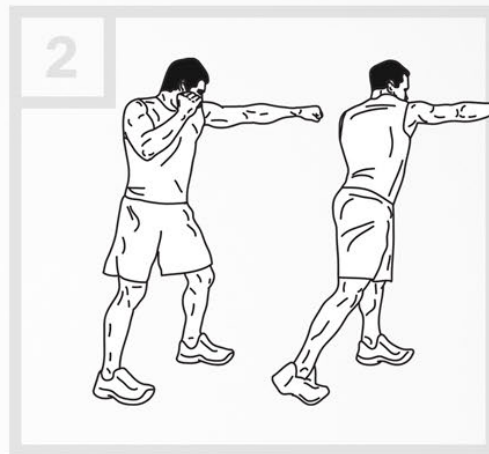
Level II 4 rounds

Level III 5 rounds

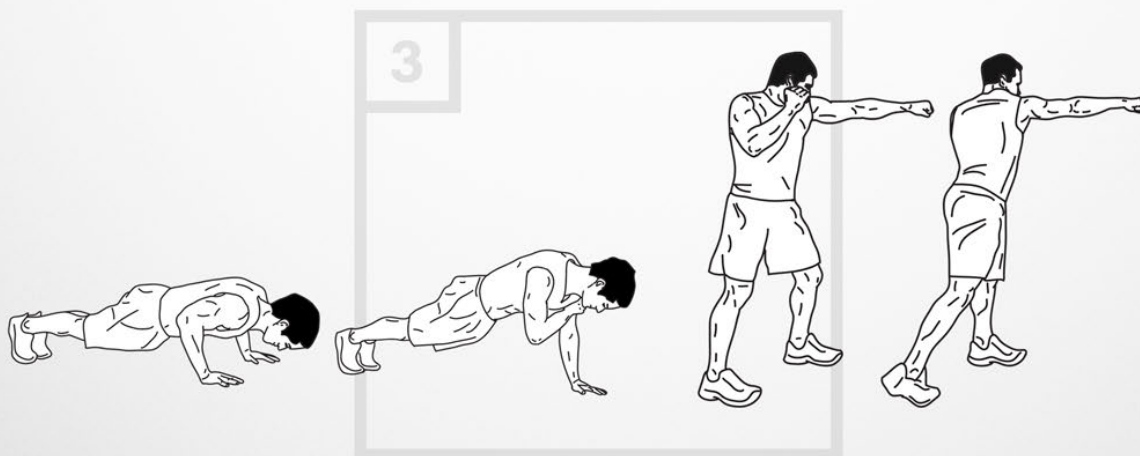
1 minute rest between rounds



**20sec** push-up + shoulder taps



**20sec** punches



**20sec** push-up + shoulder taps + jab + cross

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## Day 7 | Practice

Level I 5 rounds

Level II 10 rounds

Level III 15 rounds

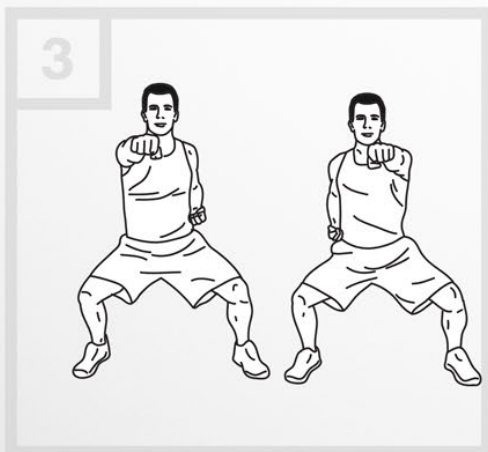
1 minute rest between rounds



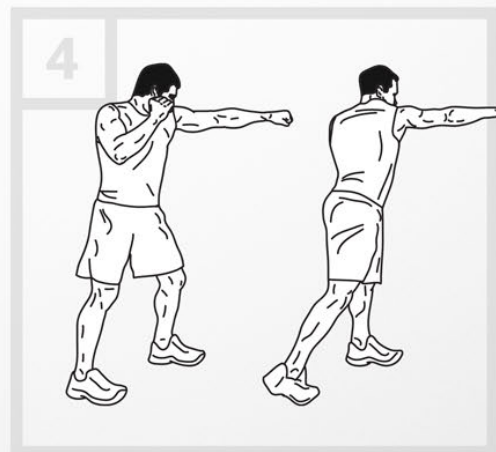
**10sec** squats



**20sec** side kicks



**10sec** squat hold punches



**20sec** punches