



PATENT PENDING

COMBINATIONS	DESCRIPTION	BEGINNER 15 min	INTERMEDIATE 30 min	ADVANCED 45 min
1. Punching Sit ups	With the bag standing, lay with feet at the base with feet hooked through one of the base handles. With arms across chest, perform a standard sit up while throwing a punch as you sit up. Alternate punching hands with each sit up. Repeat until time expires.	20 sec	40 sec	60 sec
2. Jab, Cross, Knee	Throw a jab-cross followed by a knee from your rear leg. Repeat until time expires.	20 sec	40 sec	60 sec
3. Ground and Pound	Begin with the bag standing and shoot in on the bag and perform a takedown. Once grounded, throw an assortment of elbows and punches until time expires.	20 sec	40 sec	60 sec
4. Plyo Jumps	Start with the bag on the ground, standing on one side. With a slight bend in your knees, jump up and over the bag. Land on the other side and immediately spring back to where you started. Repeat until time expires.	20 sec	40 sec	60 sec
5. Jab, Cross, Hook	Throw a jab-cross followed by a lead hook. Repeat until time expires.	20 sec	40 sec	60 sec
6. Low Kick, High Kick	Throw a low round kick, immediately followed by a high round kick. Repeat until time expires.	20 sec	40 sec	60 sec
7. Jab, Cross, Elbow	Throw a jab-cross followed by an elbow from your lead hand. Repeat until time expires.	20 sec	40 sec	60 sec
8. Sit ups	With the bag standing, lay with feet at the base with feet hooked through one of the base handles. With arms across chest, perform a standard sit up. Repeat until time expires.	20 sec	40 sec	60 sec
9. Alternating Knees	Place hands on top handles and begin throwing knees, starting with your back leg and alternating legs with each strike. Repeat until time expires.	20 sec	40 sec	60 sec
10. Jab, Cross, Low Kick, High Kick	Throw a jab-cross followed by a low round kick from your rear leg, followed immediately by a high round kick. Repeat until time expires.	20 sec	40 sec	60 sec

DIRECTIONS:

Be sure to properly warm up before beginning any exercise. Depending on your fitness level, perform each exercise for the time noted at your highest intensity level. Remember to rest in between each exercise for 20-30 seconds. Once you have completed all 10 exercises, rest two minutes and repeat two more times for a total of three sets. Perform routine up to three times a week for maximum results.

WARNING: These exercises are considered a high risk activity in physical conditioning. Consult your physician prior to starting any training program. Injuries including paralysis and death can occur when performing these exercises. USER ASSUMES ALL RISK OF INJURY!

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