

Home work outs

Brown-Red Belts

Warm up 5 minutes

jumping jacks, bouncing, running, jump rope, shadow boxing...

Combinations 5 minutes

Practice all the combinations for your level

Skill work 5 minutes

Practice what your instructors have asked you to practice. Be **READY** for the next class!

Pad or Bag work 5 minutes

Work your combinations on a heavy bag or on focus mitts with your parents or partners

Balance

Stand on one leg for two minutes

Strength Training 5-10 minutes

Do as many as you can as fast as you can

Push ups

Sit ups

Squat jumps

Jump hops

Optional Strength Training

Pull downs (if you have resistance bands) or pull ups if you can

bicep curls (if you have resistance bands) or Chin ups if you can

Flexibility 5 minutes

Sit and reach		Downward facing dog		Hip flexor stretch	
Straddle stretch		Triangle pose		Assisted front and side leg stretch	
Front leg stretch		Butterfly stretch		Stretch anywhere you are tight	
Dancers stretch		Quad stretch			

Check off your workouts as you do them

A Day

B Day

Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		

Running

A Day

B Day

All red belts should be running 2 times per week. *Record you distance and speed. Remember to stretch after you run.*

Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		