

KEEPING FIT WITH

STANCE



RESISTANCE SHADOW BOXING

THREE 3-MINUTE ROUNDS WILL HELP YOU WITH YOUR CARDIO AND SHOULDER STRENGTH.

STEP 1: Stand with your feet shoulder width apart while keeping your knees bent.

Note: Your left foot and left hand should be facing forward and in front. Keep your chin tucked and elbows tight.

JAB



JAB EXTENDED



STEP 2: Extend your left arm while twisting your fist so that it is horizontal to the ground, at the same time pushing off with your back foot.

STEP 3: Quickly bring your left hand back to its original position.

KO

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KNOCKOUT

fitness

UPPERCUT



Take a small step forward with your back foot to transition into the uppercut.

STEP 4: Bend your knees into a semi-squat, keeping your back straight and your right hand close to your chin.

STEP 5: Pivot your left foot while twisting your torso and exploding your punch upward.

PIVOT



STEP 6: Push off your right foot as you rotate your hips and shoulders.

Make sure to extend your right arm, finishing with your elbow up. This will give you the most power out of your punch.

POWER

