

IRON FIST ONLINE

WEEK 3 LESSON PLAN - **ADVANCED**

Word of the Week: PERSEVERANCE

Warm-Ups (20x): 3 jumping jacks / 3 push-ups

Stretches: Neck exercise, hip rotation, touch your toes, left & right leg side stretches, left & right hurdler stretches, middle splits for 1 minute

Horse stance punches (10x each side): Single. Double. Triple. Quadruple

Horse stance block/punch combo (10x each alternating): high, outside, inside, low

Fighting Stance Block/kick combo (10x each side): Slide back low block to a back leg roundhouse kick to spinning hook kick

Focus Pads/Pillow OR Air Strikes (perform 3 sets each): Jump Spinning Side kicks (10 kicks each leg) / Jab/Reverse/roundhouse/spinning hook kick combo alternating 10x total.

Strike Defense (Practice 10x): Low Block defense - side step takedown

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Practice Forms: 10 Minutes

ABS (3 sets of 60 seconds): Planks