

IRON FIST ONLINE

WEEK 5 LESSON PLAN – ADVANCED

Word of the Week: DISCIPLINE

Warm-Ups: 3 JUMPING JACKS / 3 PUSHUPS for 30 seconds

Plank: 45 SECONDS

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

Front Stance Blocks/Punch (10x): Alternating High, low, inside, outside

Fighting Stance Strikes (10x each side) on pads or air: (1) 9 Count elbow strike (2) Switch Roundhouse Kick/Butterfly.

Trick Kicks (10x): Spinning Leg Sweep

Practice Forms: 10 Minutes