

The Workout

(actually requires a "Key" this week... it will save me typing time)

I'll gradually work you into it...

Ps=Penguin Slip

Uj=Up-Jab

St=Straight Punch

PsR=Penguin Slip Right

UjR=Up-Jab Right

StR=Straight Punch Right

PsL=Penguin Slip Left

UjL=Up-Jab Left

StL=Straight Punch Left

(Each round consists of a combination that you will mirror on both sides.)

Round 1. (2 Minutes)

60 seconds straight of both combinations:

- Penguin Slip Left - Penguin Slip Right - (Penguin Slip Left & Straight Right Punch)
- Penguin Slip Right - Penguin Slip Left - (Penguin Slip Right & Straight Left Punch)

60 Seconds Rest

Round 2. (2 Minutes)

60 seconds straight of both combinations:

- Penguin Slip Left - Penguin Slip Right - (Penguin Slip Left & Straight Right) - Up-Jab Left
- Penguin Slip Right - Penguin Slip Left - (Penguin Slip Right & Straight Left Punch) - Up-Jab Right

60 Seconds Rest

Round 3. (2 Minutes)

60 seconds straight of both combinations:

- PsLeft - PsRight - (PsLeft & Straight Right Punch) - Up-JabLeft - PsLeft - PsRight - Up-JabRight

- PsRight - PsLeft - (PsRight & StLeft Punch) - Up-Jab Right - PsRight - PsLeft - Up-JabLeft

60 Seconds Rest

Round 4. (2 Minutes)

60 seconds straight of both combinations:

- PsL - (PsR - UjR - PsR - PsL - UjL - StR
- PsR - PsL - UjL - PsL - PsR - UjR - StL

Round 5. (2 Minutes)

60 seconds straight of both combinations:

- PsL - PsR - UjR - PsR - PsL - UjL - StR
- PsR - PsL - UjL - PsL - PsR - UjR - StL

Round 6. (2 Minutes)

60 seconds straight of both combinations:

- PsL - UjL - (PsL + StR) UjL - PsL - PsR - UjR
- PsR - UjR - (PsR + StL) UjR - PsR - PsL - UjL

60 Seconds Rest

Round 7. (2 Minutes)

60 seconds straight of both combinations:

- (PsL & StR) - (PsR - StL) - UjR - (PsR - StL)
- (PsR & StL) - (PsL - StR) - UjL - (PsL - StR)

If you want to keep going, shadow box or hit a heavy bag for 3 more 2 minute rounds.