

10 MINUTE OR LESS HEAVY BAG ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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10 Minute or Less Heavy Bag Routine

The Workout Routine:

Try to beat a 5 Minute Clock:

Derek says: Start by being like The Flash! Use your speed at the beginning portion!

30 Roundhouse Kicks

30 Piston Punches

30 Alternating Knee Strikes

25 Roundhouse Kicks

25 Piston Punches

25 Alternating Knee Strikes

20 Roundhouse Kicks

20 Piston Punches

20 Alternating Knee Strikes

15 Roundhouse Kicks

15 Piston Punches

15 Alternating Knee Strikes

10 Roundhouse Kicks

10 Piston Punches

10 Alternating Knee Strikes

Derek adds: Now it's time to go HULK mode! SMASH! Use your power for the last few rounds.

5 Roundhouse Kicks

5 Piston Punches

5 Alternating Knee Strikes

3 Roundhouse Kicks

3 Piston Punches

3 Alternating Knee Strikes