



Christmas Kickboxing Intervals

Song: Let it Snow workout remix by Workout Music TV

Equipment: None

Instructor: Kara Osborne

Interval 1:

SLOW: 4 jabs RLRL then reach high, reach low (option squat)

FASTER

Interval 2:

SLOW: Body punch L, Body punch R, then 2 Jacks

FASTER

REPEAT TWO TO THREE MORE TIMES

