



FEELS LIKE JOY

Micah Tyler

Format: Christmas Cardio Kickboxing

Length: 2:54

Instructor: Kara Osborne

Verse:

3 L hooks, 1 R Jab x 4

L hook, R Jab singles x 8

Chorus:

2 R knees, 2 L knees

2 squats

Speedbag overhead with jog 2 counts, speedbag in front 2 counts

High knee run with arms lifting to overhead 8 counts

Repeat all chorus

Pause 8 counts

Verse 2:

3 R hooks, 1 L Jab x 4

R hook, L jab singles x 8

Chorus: Repeat

Pause 8 counts

Bridge:

3 L hooks, 1 R Jab x 2

3 R hooks, 1 L Jab x 2

Chorus: Repeat to end (3 rounds)

