



## Hit It!® Kickbox II: Choreography

### Jacks HIIT

#### Horse stance:

4 jabs traveling fwd R,L,R,L

hi low R,R,L,L

repeat traveling bk

hook hook up up (R,L,R,L) body shot (R,L)

hook hook up up (R,L,R,L) touch the floor (R,L)

**HIIT: touch the floor / Recovery: hook hook up up**

#### Jack series: start L

8 jacks, 8 jab, 4 jacks, 4 jab, 2 jacks, 2 jab, singles

#### R Fight Stance:

4 R Jabs

2 L hooks

repeat

jab cross slip- 2x

Jab cross step knee- 2x or last one becomes a burpee

**HIIT: Burpee or R knee strikes / Recovery: jab cross slip**

#### Switch Steps

Hold 4 sets of 8 R knee strikes

#### Kick Series:

4 alternating Knees R,L,R,L

Bk Kick, Fr Kick R,L

Bk Kick, Crescent Kick R,L

dbl jab R,LR,L

hi low hi low R,R, L,L

R hook, L touch the floor

**HIIT: R hook, L touch the floor / Recovery: hi low hi low**

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