

## Kickboxing Cardio Power Kickboxing Cardio Burn

### **Sessions Breakdown:**

1. Introduction and Basics
2. Proper Warm-up for Kickboxing Training
3. Upper Body and Lower Body Techniques
4. Kickboxing Combinations
5. Safety Considerations and Modifications
6. Kickboxing Cardio Power 32-Count Choreography
7. Kickboxing Cardio Burn 32-Count Choreography
8. Cool-down: Breathing and Flexibility exercises
9. Final Thoughts: Q&A

### **Techniques:**

1. Punches: Jab / Cross / Upper Cut / Hook
2. Kicks: Front / Round / Side / Back
3. Stances: Basic / Conditioning / Fighting
4. Footwork and Defense Moves



MASTER BEAT = BEAT #1 OF A 32 COUNTS    BEAT = 1 COUNT    PHRASE = 8 COUNTS    BLOCK = 32 COUNTS