

WHAT'S
YOUR **30**?

Daria Tsinaridze

Martial Art and Boxing Coach, Freelance

— @daria.dxb



30 OCT - 28 NOV 2020

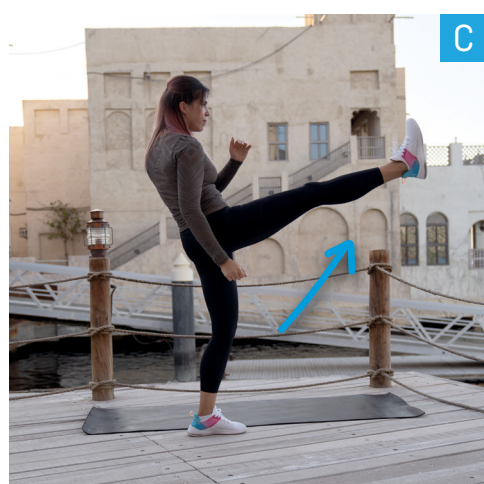
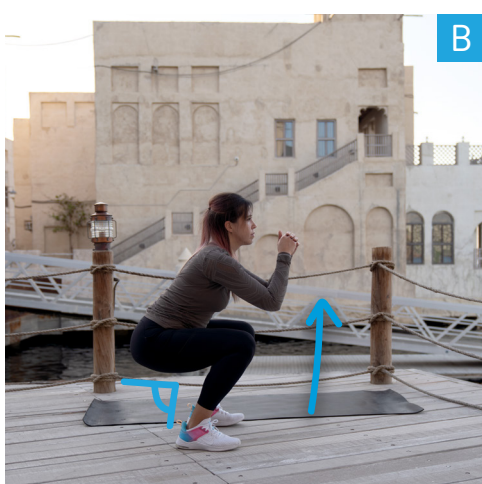
Combat HIIT

squat & kick x 40 sec on / 20 sec off
jab jab cross X1 burpee x 40 sec on / 20 sec off
high knees run - reverse lunge x 40 sec on / 20 sec off
sit ups with jab cross x 40 sec on / 20 sec off
fast feet & uppercuts x 30 sec on / 30 sec off
front kick & rear knee thrust x 30 sec on / 30 sec off
plank shoulders tap x 30 sec on / 30 sec off

3 SETS

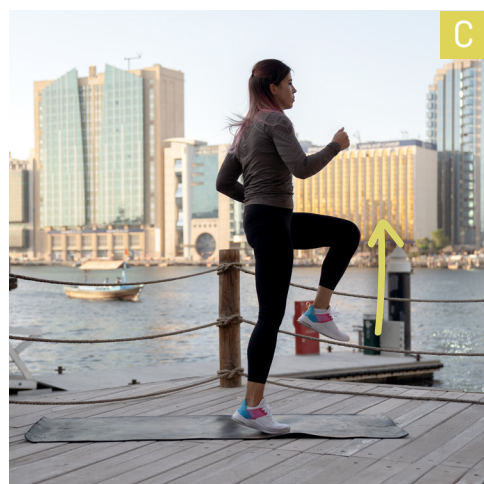
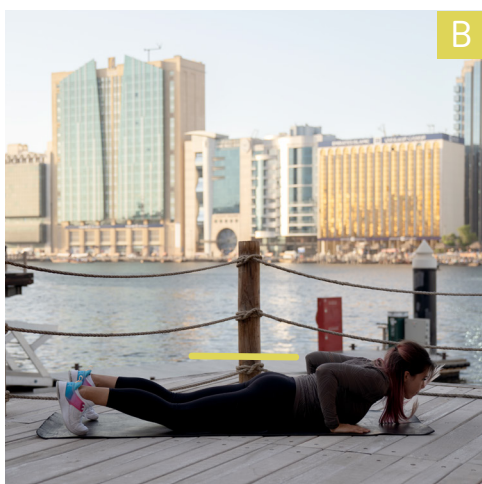
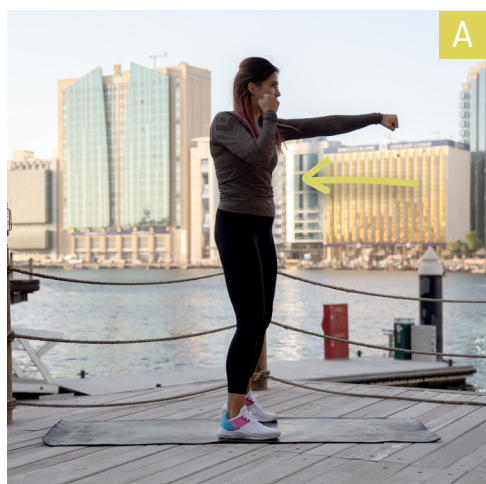
SQUAT & KICK x 40sec on / 20sec off

Feet shoulders feet apart, kick starts from the knee.



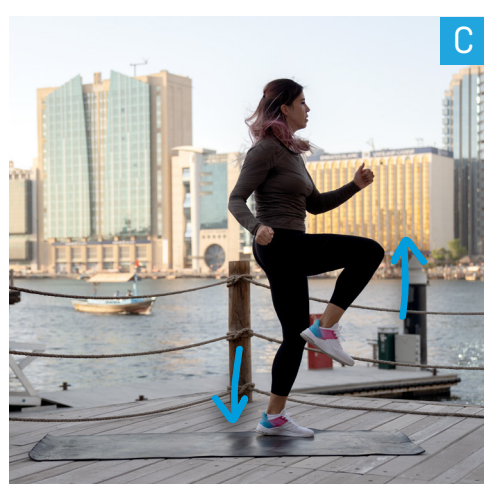
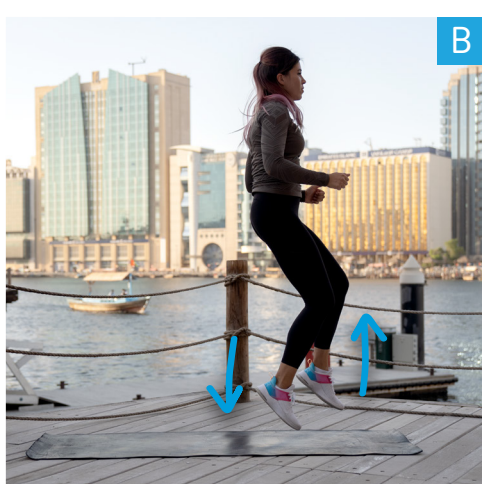
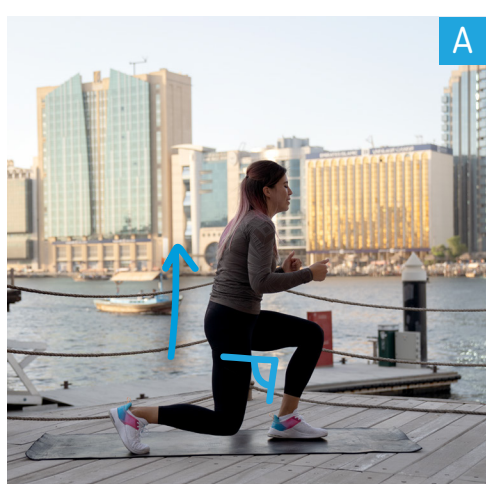
JAB JAB CROSS X1 BURPEE x 40sec on / 20sec off

Chest and thighs must touch the floor when perform burpee.



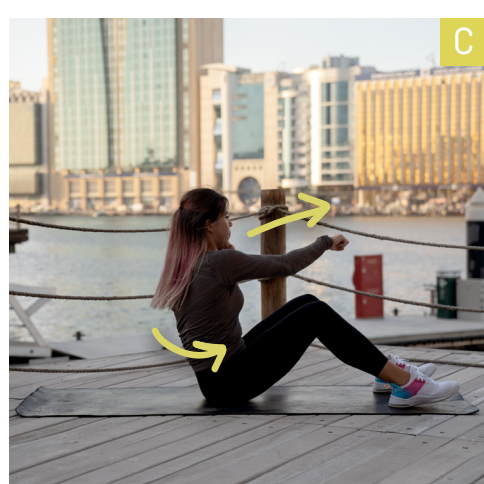
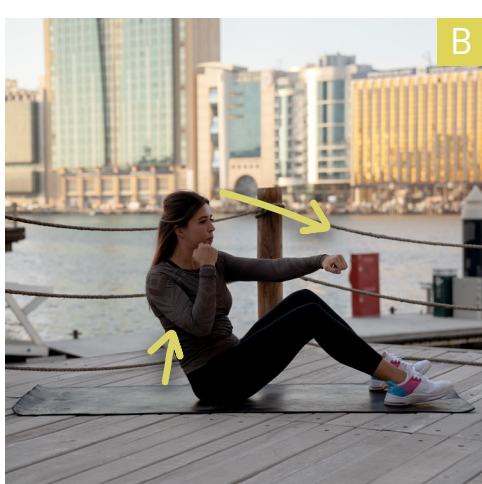
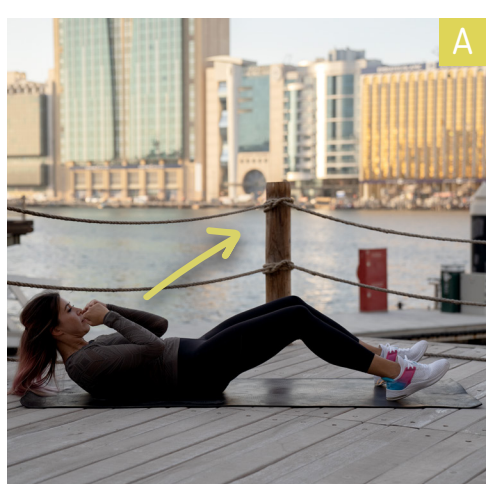
X4 HIGH KNEES RUN X1 REVERSE LUNGE x 40sec on / 20sec off

Knees should reach waste level. In reverse lunge, make sure front knee doesn't pass the toes.



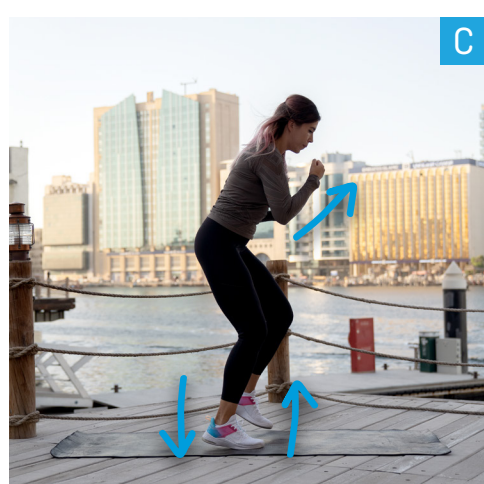
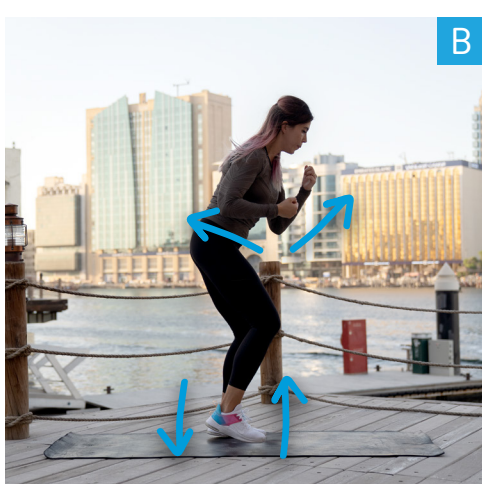
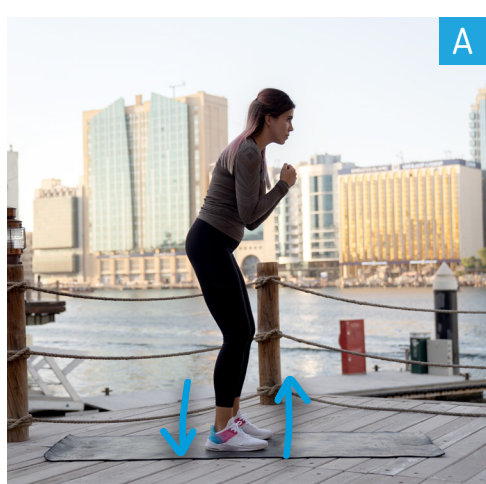
SIT UPS WITH JAB CROSS x 40sec on / 20sec off

Try to keep hands close to chin.



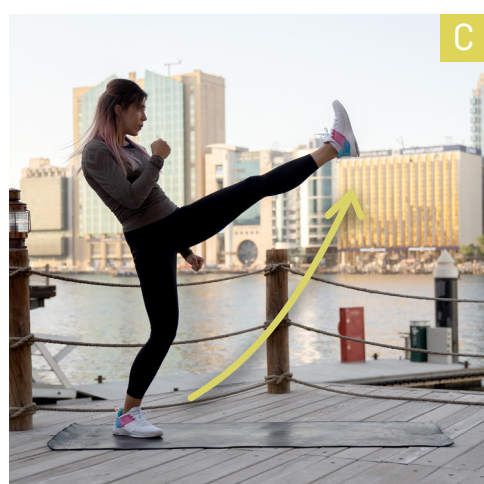
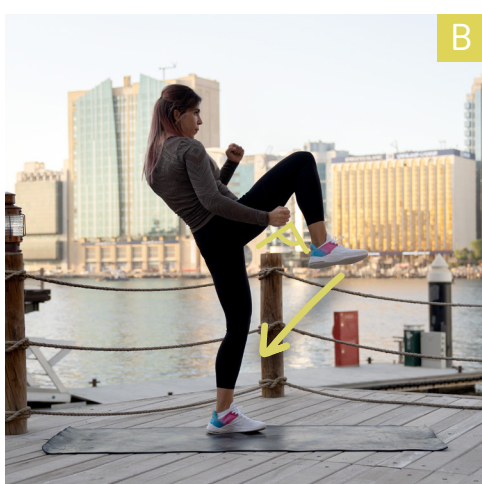
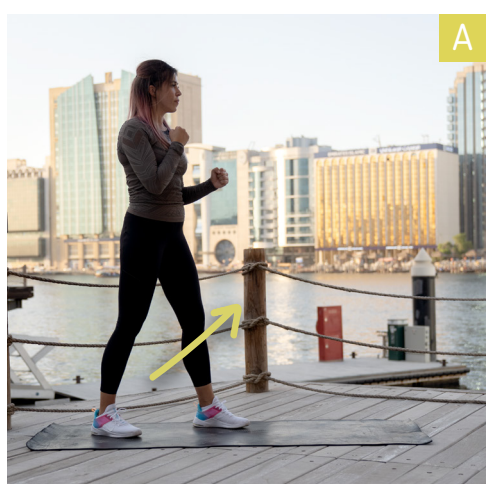
FAST FEET & UPPERCUTS x 30sec on / 30sec off

heels don't touch the ground, run quickly, lifting feet 1 inch.



FRONT KICK & REAR KNEE THRUST x 30sec on / 30sec off

Lean back while kicking.



PLANK SHOULDERS TAP x 30sec on / 30sec off

Contract the muscles of your core and quads, avoid twisting hips.

