

## HERMAN BOXING AND MMA WORKOUTS

BASIC MMA	
<b>BEGINNING MMA</b>	
TECHNIQUES	12
TIME INTERVAL (SECONDS)	10
HITS	
JABS	10
CROSSES	10
HAMMER FISTS	10
HOOKS	5
UPPERCUTS	5
ELBOWS	5
KNEES	5
FRONT KICKS	5
ROUND KICKS	5
SIDE KICKS	3
CRESCENT KICKS	3
HITS	10
<b>BASIC MMA HANDS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	5
HITS	
JABS	15
CROSSES	15
HAMMER FISTS	15
HOOKS	10
UPPERCUTS	10
ELBOWS	10
HANDS	15
<b>BASIC MMA KICKS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	5
HITS	
KNEES	10
FRONT KICKS	10
ROUND KICKS	10
SIDE KICKS	10
BACK KICKS	10
CRESCENT KICKS	10
KICKS	10
<b>1 MINUTE ROUND</b>	
TIME INTERVAL (SECONDS)	60
HITS	30
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5
<b>BURN OUT</b>	
HITS	50
SECONDS	30

ADVANCED MMA	
<b>BASIC MMA</b>	
TECHNIQUES	13
TIME INTERVAL (SECONDS)	20
HITS	
JABS	15
CROSSES	15
HAMMER FISTS	15
HOOKS	10
UPPERCUTS	10
ELBOWS	10
KNEES	10
FRONT KICKS	10
ROUND KICKS	10
SIDE KICKS	5
BACK KICKS	5
CRESCENT KICKS	5
HITS	12
<b>ADVANCED MMA HANDS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	6.5
HITS	
JABS	20
CROSSES	20
HAMMER FISTS	20
HOOKS	15
UPPERCUTS	15
ELBOWS	15
HANDS	20
<b>ADVANCED MMA KICKS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	7.5
HITS	
KNEES	15
FRONT KICKS	15
ROUND KICKS	15
SIDE KICKS	12
BACK KICKS	12
CRESCENT KICKS	12
KICKS	15
<b>2 MINUTE ROUND</b>	
TIME INTERVAL (SECONDS)	120
HITS	50
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5
<b>BURN OUT</b>	
HITS	50

EXTREME MMA	
<b>ADVANCED MMA</b>	
TECHNIQUES	13
TIME INTERVAL (SECONDS)	30
HITS	
JABS	20
CROSSES	20
HAMMER FISTS	20
HOOKS	15
UPPERCUTS	15
ELBOWS	15
KNEES	15
FRONT KICKS	12
ROUND KICKS	12
SIDE KICKS	10
BACK KICKS	10
CRESCENT KICKS	10
HITS	15
<b>EXTREME MMA HANDS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	45
WORKOUT TIME (MINUTES)	9
HITS	
JABS	30
CROSSES	30
HAMMER FISTS	30
HOOKS	20
UPPERCUTS	20
ELBOWS	20
HANDS	30
<b>EXTREME MMA KICKS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	45
WORKOUT TIME (MINUTES)	10
HITS	
KNEES	20
FRONT KICKS	20
ROUND KICKS	20
SIDE KICKS	15
BACK KICKS	15
CRESCENT KICKS	15
KICKS	20
<b>3 MINUTE ROUND</b>	
TIME INTERVAL (SECONDS)	180
HITS	75
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5
<b>BURN OUT</b>	
HITS	50

PRO MMA	
<b>EXTREME MMA</b>	
TECHNIQUES	13
TIME INTERVAL (SECONDS)	45
HITS	
JABS	30
CROSSES	30
HAMMER FISTS	30
HOOKS	20
UPPERCUTS	20
ELBOWS	20
KNEES	20
FRONT KICKS	15
ROUND KICKS	15
SIDE KICKS	12
BACK KICKS	12
CRESCENT KICKS	12
HITS	20
<b>PRO MMA HANDS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	60
WORKOUT TIME (MINUTES)	12
HITS	
JABS	50
CROSSES	50
HAMMER FISTS	50
HOOKS	30
UPPERCUTS	30
ELBOWS	30
HANDS	40
<b>PRO MMA KICKS</b>	
TECHNIQUES	7
TIME INTERVAL (SECONDS)	60
WORKOUT TIME (MINUTES)	13
HITS	
KNEES	25
FRONT KICKS	25
ROUND KICKS	25
SIDE KICKS	20
BACK KICKS	20
CRESCENT KICKS	20
KICKS	25
<b>5 MINUTE ROUND</b>	
TIME INTERVAL (SECONDS)	300
HITS	100
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5
<b>BURN OUT</b>	
HITS	50

BASIC BOXING		HITS
<b>BEGIN BOXING</b>		
TECHNIQUES		6
TIME INTERVAL (SECONDS)		10
WORKOUT TIME (MINUTES)		3.5
	HITS	
JABS		10
CROSSES		10
BODY PUNCHES		10
HOOKS		5
UPPERCUTS		5
PUNCHES		10
<b>BASIC BOXING</b>		
TECHNIQUES		6
TIME INTERVAL (SECONDS)		20
WORKOUT TIME (MINUTES)		5
JABS		20
CROSSES		20
BODY PUNCHES		20
HOOKS		12
UPPERCUTS		12
PUNCHES		20
<b>1 MIN ROUND</b>		
PUNCHES		50
TIME INTERVAL (SECONDS)		60
<b>BEST SHOT</b>		
HITS		1
TIME INTERVAL (SECONDS)		10
<b>SPEED SHOT</b>		
HITS		1
HITS		5
<b>BURN OUT</b>		
HITS		50
SECONDS		30

# HERMAN BOXING AND MMA WORKOUTS

| SECONDS | 30 | | SECONDS | 30 | | SECONDS | 30 |

## HERMAN BOXING AND MMA WORKOUTS

ADVANCED BOXING		HITS
<b>ADVANCED BOXING</b>		
TECHNIQUES		6
TIME INTERVAL (SECONDS)		30
WORKOUT TIME (MINUTES)		6
		<b>HITS</b>
JABS	30	
CROSSES	30	
BODY PUNCHES	30	
HOOKS	15	
UPPERCUTS	15	
PUNCHES	30	
<b>EXTREME BOXING</b>		
TECHNIQUES		6
TIME INTERVAL (SECONDS)		45
WORKOUT TIME (MINUTES)		5
JABS	40	
CROSSES	40	
BODY PUNCHES	40	
HOOKS	20	
UPPERCUTS	20	
PUNCHES	40	
<b>1 MIN ROUND</b>		
PUNCHES	50	
TIME INTERVAL (SECONDS)		60
<b>2 MIN ROUND</b>		
PUNCHES	75	
TIME INTERVAL (SECONDS)		120
<b>BEST SHOT</b>		
HITS		1
TIME INTERVAL (SECONDS)		10
<b>SPEED SHOT</b>		
HITS		1
HITS		5
<b>BURN OUT</b>		
HITS		50
SECONDS		30

PRO BOXING		HITS
<b>ADVANCED BOXING</b>		
TECHNIQUES		6
TIME INTERVAL (SECONDS)		30
WORKOUT TIME (MINUTES)		8
		<b>HITS</b>
JABS	30	
CROSSES	30	
BODY PUNCHES	30	
HOOKS	20	
UPPERCUTS	20	
PUNCHES	30	
<b>PRO BOXING</b>		
TECHNIQUES		6
TIME INTERVAL (SECONDS)		60
WORKOUT TIME (MINUTES)		11
		<b>HITS</b>
JABS	50	
CROSSES	50	
BODY PUNCHES	50	
HOOKS	25	
UPPERCUTS	25	
PUNCHES	50	
<b>1 MIN ROUND</b>		
PUNCHES	50	
TIME INTERVAL (SECONDS)		60
<b>2 MIN ROUND</b>		
PUNCHES	75	
TIME INTERVAL (SECONDS)		120
<b>3 MIN ROUND</b>		
PUNCHES	100	
TIME INTERVAL (SECONDS)		180
<b>BEST SHOT</b>		
HITS		1
TIME INTERVAL (SECONDS)		10
<b>SPEED SHOT</b>		
HITS		1
HITS		5
<b>BURN OUT</b>		
HITS		50
SECONDS		30

ROUNDS		HITS
<b>30 SEC ROUND</b>		
COMBINATIONS		30
TIME INTERVAL (SECONDS)		30
<b>1 MIN ROUND</b>		
COMBINATIONS		50
TIME INTERVAL (SECONDS)		60
<b>2 MIN ROUND</b>		
COMBINATIONS		75
TIME INTERVAL (SECONDS)		120
<b>3 MIN ROUND</b>		
COMBINATIONS		100
TIME INTERVAL (SECONDS)		180
<b>5 MINUTE ROUND</b>		
TIME INTERVAL (SECONDS)		300
COMBINATIONS		100
<b>BEST SHOT</b>		
HITS		1
TIME INTERVAL (SECONDS)		10
<b>SPEED SHOT</b>		
HITS		1
HITS		5
<b>BURN OUT</b>		
HITS		50
SECONDS		30