

HERMAN FITNESS WORKOUTS

BASIC FITNESS			
WARM UP			
INTERVALS	6		
TIME INTERVAL (SECONDS)	10		
WORKOUT TIME (MINUTES)	3		
	HITS	SEC	REST
JABS	10	10	20
CROSSES	10	10	20
CIRCULAR PALM STRIKES	10	10	20
FRONT KICKS	3	10	30
ROUND KICKS	3	10	30
BACK KICKS	3	10	
		60	180
BEGIN FITNESS			
INTERVALS	10		
TIME INTERVAL (SECONDS)	10		
WORKOUT TIME (MINUTES)	5		
JABS	10	10	20
CROSSES	10	10	20
CIRCULAR PALM STRIKES	10	10	20
HOOKS	5	10	20
ELBOWS	5	10	20
UPPERCUTS	5	10	20
KNEES	5	10	20
FRONT KICKS	5	10	30
ROUND KICKS	3	10	30
BACK KICKS	3	10	
		100	300
BASIC FITNESS HANDS			
INTERVALS	8		
TIME INTERVAL (SECONDS)	20		
WORKOUT TIME (MINUTES)	5		
	HITS	SEC	REST
JABS	20	20	20
CROSSES	15	20	20
JABS-CROSSES	20	20	20
BOTTOM FISTS	10	20	20
CIRCULAR PALM STRIKES	10	20	20
HOOKS	10	20	20
ELBOWS	10	20	20
UPPERCUTS	10	20	
		160	300
BASIC FITNESS			
INTERVALS	10		
TIME INTERVAL (SECONDS)	20		
WORKOUT TIME (MINUTES)	7		
JABS	20	20	20
JAB-CROSS	20	20	20
PALM STRIKES	10	20	20
HOOKS	10	20	20
UPPERCUTS	10	20	30
FRONT KICKS	10	20	30
ROUND KICKS	5	20	30
SIDE KICKS	5	20	30
BACK KICKS	5	20	30
CRESCENT KICKS	5	20	
		200	430
BEST SHOT			
HITS		1	
TIME INTERVAL (SECONDS)		10	
SPEED SHOT			
HITS	1	HITS	
HITS	5	HITS	
BURN OUT			
HITS	50		
SECONDS	30		

ADVANCED FITNESS			
WARM UP			
INTERVALS	6		
TIME INTERVAL (SECONDS)	10		
WORKOUT TIME (MINUTES)	3		
	HITS	SEC	REST
JABS	10	10	20
CROSSES	10	10	20
CIRCULAR PALM STRIKES	10	10	20
FRONT KICKS	3	10	30
ROUND KICKS	3	10	30
BACK KICKS	3	10	
		60	180
BASIC FITNESS			
INTERVALS	10		
TIME INTERVAL (SECONDS)	20		
WORKOUT TIME (MINUTES)	7		
JABS	20	20	20
JAB-CROSS	20	20	20
PALM STRIKES	10	20	20
HOOKS	10	20	20
UPPERCUTS	10	20	30
FRONT KICKS	10	20	30
ROUND KICKS	5	20	30
SIDE KICKS	5	20	30
BACK KICKS	5	20	30
CRESCENT KICKS	5	20	
		200	430
ADVANCED FITNESS HANDS			
INTERVALS	8		
TIME INTERVAL (SECONDS)	30		
WORKOUT TIME (MINUTES)	7.5		
	HITS	SEC	REST
JABS	30	30	30
CROSSES	20	30	30
JABS-CROSSES	30	30	30
BOTTOM FISTS	15	30	30
CIRCULAR PALM STRIKES	15	30	30
HOOKS	15	30	30
ELBOWS	15	30	30
UPPERCUTS	15	30	
		240	450
ADVANCED FITNESS			
INTERVALS	10		
TIME INTERVAL (SECONDS)	30		
WORKOUT TIME (MINUTES)	10		
JABS	30	30	20
JAB-CROSS	30	30	30
PALM STRIKES	15	30	30
HOOKS	15	30	30
UPPERCUTS	15	30	30
FRONT KICKS	15	30	40
ROUND KICKS	10	30	40
SIDE KICKS	10	30	40
BACK KICKS	10	30	40
CRESCENT KICKS	10	30	
		300	600
BEST SHOT			
HITS		1	
TIME INTERVAL (SECONDS)		10	
SPEED SHOT			
HITS	1	HITS	
HITS	5	HITS	
BURN OUT			
HITS	50		
SECONDS	30		

HERMAN FITNESS WORKOUTS

EXTREME FITNESS			
WARM UP			
INTERVALS	6		
TIME INTERVAL (SECONDS)	10		
WORKOUT TIME (MINUTES)	3		
	HITS	SEC	REST
JABS	10	10	20
CROSSES	10	10	20
CIRCULAR PALM STRIKES	10	10	20
FRONT KICKS	3	10	30
ROUND KICKS	3	10	30
BACK KICKS	3	10	
	60		180
ADVANCED FITNESS			
INTERVALS	10		
TIME INTERVAL (SECONDS)	30		
WORKOUT TIME (MINUTES)	10		
JABS	30	30	20
JAB-CROSS	30	30	30
PALM STRIKES	15	30	30
HOOKS	15	30	30
UPPERCUTS	15	30	30
FRONT KICKS	15	30	40
ROUND KICKS	10	30	40
SIDE KICKS	10	30	40
BACK KICKS	10	30	40
CRESCENT KICKS	10	30	
	300		600
EXTREME FITNESS HANDS			
INTERVALS	8		
TIME INTERVAL (SECONDS)	45		
WORKOUT TIME (MINUTES)	10		
	HITS	SEC	REST
JABS	40	45	30
CROSSES	30	45	30
JABS-CROSSES	40	45	30
BOTTOM FISTS	20	45	30
CIRCULAR PALM STRIKES	20	45	40
HOOKS	20	45	40
ELBOWS	20	45	40
UPPERCUTS	20	45	
	360		600
EXTREME FITNESS			
INTERVALS	12		
TIME INTERVAL (SECONDS)	45		
WORKOUT TIME (MINUTES)	12		
JABS	40	45	30
JAB-CROSS	40	45	30
PALM STRIKES	20	45	30
HOOKS	20	45	30
UPPERCUTS	20	45	30
FRONT KICKS	20	45	30
ROUND KICKS	15	45	30
SIDE KICKS	15	45	30
BACK KICKS	15	45	30
CRESCENT KICKS	15	45	
	450		720
BEST SHOT			
HITS		1	
TIME INTERVAL (SECONDS)		10	
SPEED SHOT			
HITS	1	HITS	
HITS	5	HITS	
BURN OUT			
HITS	50		
SECONDS	30		

PRO FITNESS			
WARM UP			
INTERVALS	6		
TIME INTERVAL (SECONDS)	10		
WORKOUT TIME (MINUTES)	3		
	HITS	SEC	REST
JABS	10	10	20
CROSSES	10	10	20
CIRCULAR PALM STRIKES	10	10	20
FRONT KICKS	3	10	30
ROUND KICKS	3	10	30
BACK KICKS	3	10	
	60		180
EXTREME FITNESS			
INTERVALS	12		
TIME INTERVAL (SECONDS)	45		
WORKOUT TIME (MINUTES)	12		
JABS	40	45	30
JAB-CROSS	40	45	30
PALM STRIKES	20	45	30
HOOKS	20	45	30
UPPERCUTS	20	45	30
FRONT KICKS	20	45	30
ROUND KICKS	15	45	30
SIDE KICKS	15	45	30
BACK KICKS	15	45	30
CRESCENT KICKS	15	45	
	450		720
PRO FITNESS HANDS			
INTERVALS	8		
TIME INTERVAL (SECONDS)	60		
WORKOUT TIME (MINUTES)	12		
	HITS	SEC	REST
JABS	50	60	30
CROSSES	40	60	30
JABS-CROSSES	50	60	30
BOTTOM FISTS	30	60	30
CIRCULAR PALM STRIKES	30	60	40
HOOKS	30	60	40
ELBOWS	30	60	40
UPPERCUTS	30	60	
	480		720
PRO FITNESS			
INTERVALS	12		
TIME INTERVAL (SECONDS)	45		
WORKOUT TIME (MINUTES)	15		
JABS	50	60	30
JAB-CROSS	50	60	30
PALM STRIKES	30	60	30
HOOKS	30	60	30
UPPERCUTS	30	60	30
FRONT KICKS	25	60	30
ROUND KICKS	20	60	40
SIDE KICKS	20	60	40
BACK KICKS	20	60	40
CRESCENT KICKS	20	60	
	600		900
BEST SHOT			
HITS		1	
TIME INTERVAL (SECONDS)		10	
SPEED SHOT			
HITS	1	HITS	
HITS	5	HITS	
BURN OUT			
HITS	50		
SECONDS	30		

HERMAN FITNESS WORKOUTS

KICKBOXING	HITS
BASIC KICKBOX	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	7
JABS	15
CROSSES	15
HOOKS	10
UPPERCUTS	10
FRONT KICKS	10
ROUND KICKS	10
SIDE KICKS	10
BACK KICKS	10
ADVANCE KICKBOX	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	10
JABS	25
CROSSES	25
HOOKS	15
UPPERCUTS	15
FRONT KICKS	15
ROUND KICKS	15
SIDE KICKS	12
BACK KICKS	12
EXTREME KICKBOX	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	45
WORKOUT TIME (MINUTES)	15
JABS	40
CROSSES	40
HOOKS	25
UPPERCUTS	25
FRONT KICKS	20
ROUND KICKS	20
SIDE KICKS	15
BACK KICKS	15
PRO KICKBOX	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	60
WORKOUT TIME (MINUTES)	20
JABS	50
CROSSES	50
HOOKS	30
UPPERCUTS	30
FRONT KICKS	25
ROUND KICKS	25
SIDE KICKS	20
BACK KICKS	20
BEST SHOT	
HITS	1
TIME INTERVAL (SECONDS)	10
SPEED SHOT	
HITS	1
HITS	5
BURN OUT	
HITS	50
SECONDS	30