

**HERMAN MARTIAL ARTS WORKOUTS**

<b>BEGINNER MA</b>	
<b>BEGN FITTODEFEND</b>	
TECHNIQUES	6
TIME INTERVAL (SECONDS)	10
WORKOUT TIME (MINUTES)	3.5
<b>HITS</b>	
PALM STRIKES	10
HAMMER FISTS	10
ELBOWS	5
KNEES	5
FRONT KICKS	5
ROUND KICKS	5
<b>BEGIN HANDS</b>	
TECHNIQUES	6
TIME INTERVAL (SECONDS)	10
WORKOUT TIME (MINUTES)	3.5
<b>HITS</b>	
PALM STRIKES	10
BACK FISTS	10
HAMMER FISTS	10
JABS	10
CROSSES	10
ELBOWS	5
<b>BEGIN KICKS</b>	
TECHNIQUES	6
TIME INTERVAL (SECONDS)	10
WORKOUT TIME (MINUTES)	3.5
<b>HITS</b>	
STANDING FRONT KICKS	5
STEPPING FRONT KICKS	5
SLIDE-UP ROUND KICKS	5
SPINNING ROUND KICKS	5
SLIDE-UP SIDE KICKS	5
STEPPING BACK KICKS	5
<b>BASIC MA</b>	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	5
<b>HITS</b>	
PALM STRIKES	15
BACK FISTS	15
HAMMER FISTS	15
PUNCHES	15
FRONT KICKS	10
ROUND KICKS	10
SIDE KICKS	10
BACK KICKS	10
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5

<b>BASIC MA</b>	
<b>BEGN FITTODEFEND</b>	
TECHNIQUES	6
TIME INTERVAL (SECONDS)	10
WORKOUT TIME (MINUTES)	3.5
<b>HITS</b>	
PALM STRIKES	10
HAMMER FISTS	10
ELBOWS	5
KNEES	5
FRONT KICKS	5
ROUND KICKS	5
<b>BASIC HANDS</b>	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	7
<b>HITS</b>	
STRAIGHT PALM STRIKES	15
CIRCULAR PALM STRIKES	15
BACK FISTS	15
HAMMER FISTS	15
JABS	15
CROSSES	15
HOOKS	10
HANDS	15
<b>BASIC KICKS</b>	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	8
<b>HITS</b>	
STANDING FRONT KICKS	10
STEPPING FRONT KICKS	10
SLIDE-UP ROUND KICKS	10
SPINNING ROUND KICKS	10
SLIDE-UP SIDE KICKS	10
STEPPING BACK KICKS	10
SPINNING BACK KICKS	5
CRESCENT KICKS	5
<b>ADV MARTIAL ART</b>	
TECHNIQUES	11
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	12
<b>HITS</b>	
PALM STRIKES	25
BACK FISTS	25
HAMMER FISTS	25
PUNCHES	25
FRONT KICKS	15
ROUND KICKS	15
SIDE KICKS	15
BACK KICKS	12
CRESCENT KICKS	10
HEEL KICKS	10
HITS	20
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS(SECONDS MODE)	5

<b>ADVANCED MA</b>	
<b>BASIC FITTODEFEND</b>	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	20
WORKOUT TIME (MINUTES)	6
<b>HITS</b>	
PALM STRIKES	15
HAMMER FISTS	15
ELBOWS	10
KNEES	10
FRONT KICKS	10
ROUND KICKS	10
SIDE KICKS	5
BACK KICKS	5
<b>ADVANCED HANDS</b>	
TECHNIQUES	10
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	10
<b>HITS</b>	
STRAIGHT PALM STRIKES	20
CIRCULAR PALM STRIKES	20
BACK FISTS	20
HAMMER FISTS	20
JABS	20
CROSSES	20
HOOKS	15
UPPERCUTS	15
ELBOWS	10
HANDS	20
<b>ADVANCED KICKS</b>	
TECHNIQUES	10
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	12
<b>HITS</b>	
FRONT KICKS	15
SLIDE-UP ROUND KICKS	15
SPINNING ROUND KICKS	15
SIDE KICKS	12
STEPPING BACK KICKS	12
SPINNING BACK KICKS	12
INSIDE CRESCENT KICKS	10
OUTSIDE CRESCENT KICKS	10
HEEL KICKS	10
KICKS	12
<b>EXT MARTIAL ART</b>	
TECHNIQUES	11
TIME INTERVAL (SECONDS)	45
WORKOUT TIME (MINUTES)	12
<b>HITS</b>	
PALM STRIKES	40
BACK FISTS	40
HAMMER FISTS	40
PUNCHES	40
FRONT KICKS	20
ROUND KICKS	20
SIDE KICKS	15
BACK KICKS	15
CRESCENT KICKS	12
HEEL KICKS	12
HITS	30
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5

<b>EXTREME MA</b>	
<b>ADV FITTODEFEND</b>	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	10
<b>HITS</b>	
PALM STRIKES	20
HAMMER FISTS	20
ELBOWS	15
KNEES	15
FRONT KICKS	12
ROUND KICKS	12
SIDE KICKS	10
BACK KICKS	10
<b>EXTREME HANDS</b>	
TECHNIQUES	10
TIME INTERVAL (SECONDS)	45
WORKOUT TIME (MINUTES)	15
<b>HITS</b>	
STRAIGHT PALM STRIKES	30
CIRCULAR PALM STRIKES	30
BACK FISTS	30
HAMMER FISTS	30
JABS	30
CROSSES	30
HOOKS	20
UPPERCUTS	15
ELBOWS	15
HANDS	30
<b>EXTREME KICKS</b>	
TECHNIQUES	10
TIME INTERVAL (SECONDS)	45
WORKOUT TIME (MINUTES)	12
<b>HITS</b>	
FRONT KICKS	20
SLIDE-UP ROUND KICKS	20
SPINNING ROUND KICKS	20
SIDE KICKS	15
STEPPING BACK KICKS	15
SPINNING BACK KICKS	12
INSIDE CRESCENT KICKS	12
OUTSIDE CRESCENT KICKS	12
HEEL KICKS	12
KICKS	15
<b>PRO MARTIAL ART</b>	
TECHNIQUES	11
TIME INTERVAL (SECONDS)	45
WORKOUT TIME (MINUTES)	20
<b>HITS</b>	
PALM STRIKES	50
BACK FISTS	50
HAMMER FISTS	50
PUNCHES	50
FRONT KICKS	25
ROUND KICKS	25
SIDE KICKS	20
BACK KICKS	20
CRESCENT KICKS	15
HEEL KICKS	15
HITS	40
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5

<b>PRO MA</b>	
<b>ADV FITTODEFEND</b>	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	10
<b>HITS</b>	
PALM STRIKES	20
HAMMER FISTS	20
ELBOWS	15
KNEES	15
FRONT KICKS	12
ROUND KICKS	12
SIDE KICKS	10
BACK KICKS	10
<b>ADV MARTIAL ART</b>	
TECHNIQUES	10
TIME INTERVAL (SECONDS)	30
WORKOUT TIME (MINUTES)	30
<b>HITS</b>	
PALM STRIKES	25
BACK FISTS	25
HAMMER FISTS	25
PUNCHES	25
FRONT KICKS	15
ROUND KICKS	15
SIDE KICKS	12
BACK KICKS	12
CRESCENT KICKS	10
HEEL KICKS	10
<b>PRO HANDS</b>	
TECHNIQUES	10
TIME INTERVAL (SECONDS)	60
WORKOUT TIME (MINUTES)	20
<b>HITS</b>	
STRAIGHT PALM STRIKES	50
CIRCULAR PALM STRIKES	50
BACK FISTS	50
HAMMER FISTS	50
JABS	50
CROSSES	40
HOOKS	40
UPPERCUTS	30
ELBOWS	30
HANDS	50
<b>PRO KICKS</b>	
TECHNIQUES	10
TIME INTERVAL (SECONDS)	60
WORKOUT TIME (MINUTES)	17
<b>HITS</b>	
FRONT KICKS	25
SLIDE-UP ROUND KICKS	25
SPINNING ROUND KICKS	25
SIDE KICKS	20
STEPPING BACK KICKS	20
SPINNING BACK KICKS	15
INSIDE CRESCENT KICKS	15
OUTSIDE CRESCENT KICKS	15
HEEL KICKS	15
KICKS	20
<b>PRO MARTIAL ART</b>	
TECHNIQUES	11
TIME INTERVAL (SECONDS)	60
WORKOUT TIME (MINUTES)	20
<b>HITS</b>	
PALM STRIKES	50
BACK FISTS	50
HAMMER FISTS	50
PUNCHES	50
FRONT KICKS	25
ROUND KICKS	25
SIDE KICKS	20
BACK KICKS	20
CRESCENT KICKS	15
HEEL KICKS	15
HITS	30
<b>BEST SHOT</b>	
HITS	1

<b>MA PROGRESSIVE</b>	
<b>BEGIN MA</b>	
TECHNIQUES	6
TIME INTERVAL (SECONDS)	10
<b>HITS</b>	
PALM STRIKES	10
HAMMER FISTS	10
PUNCHES	10
FRONT KICKS	5
ROUND KICKS	5
SIDE KICKS	5
<b>BASIC MA</b>	
TECHNIQUES	8
TIME INTERVAL (SECONDS)	20
<b>HITS</b>	
PALM STRIKES	15
BACK FISTS	15
HAMMER FISTS	15
PUNCHES	15
FRONT KICKS	10
ROUND KICKS	10
SIDE KICKS	10
BACK KICKS	10
<b>ADV MARTIAL ART</b>	
TECHNIQUES	11
TIME INTERVAL (SECONDS)	30
<b>HITS</b>	
PALM STRIKES	25
BACK FISTS	25
HAMMER FISTS	25
PUNCHES	25
FRONT KICKS	15
ROUND KICKS	15
SIDE KICKS	12
BACK KICKS	12
CRESCENT KICKS	10
HEEL KICKS	10
HITS	20
<b>EXT MARTIAL ART</b>	
TECHNIQUES	11
TIME INTERVAL (SECONDS)	45
<b>HITS</b>	
PALM STRIKES	40
BACK FISTS	40
HAMMER FISTS	40
PUNCHES	40
FRONT KICKS	20
ROUND KICKS	20
SIDE KICKS	15
BACK KICKS	15
CRESCENT KICKS	12
HEEL KICKS	12
HITS	25
<b>PRO MARTIAL ART</b>	
TECHNIQUES	11
TIME INTERVAL (SECONDS)	60
<b>HITS</b>	
PALM STRIKES	50
BACK FISTS	50
HAMMER FISTS	50
PUNCHES	50
FRONT KICKS	25
ROUND KICKS	25
SIDE KICKS	20
BACK KICKS	20
CRESCENT KICKS	15
HEEL KICKS	15
HITS	30
<b>BEST SHOT</b>	
HITS	1
TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5

HERMAN MARTIAL ARTS WORKOUTS

TIME INTERVAL (SECONDS)	10
<b>SPEED SHOT</b>	
HITS	1
HITS	5

HERMAN MARTIAL ARTS WORKOUTS

MA CLASS			
<b>10HITS/20SECONDS</b>	<b>HITS</b>	<b>SECS</b>	
HANDS	10	20	
KICKS	10	20	
<b>20HITS/30SECONDS</b>	<b>HITS</b>	<b>SECS</b>	
HANDS	20	30	
KICKS	20	30	
<b>30 HITS/60 SECONDS</b>	<b>HITS</b>	<b>SECS</b>	
HANDS	30	60	
KICKS	30	60	
<b>HANDS</b>	<b>HITS</b>	<b>SECS</b>	
PLAYER 1	10	10	
PLAYER 2	10	10	
PLAYER 3	10	10	
PLAYER 4	10	10	
<b>KICKS</b>	<b>HITS</b>	<b>SECS</b>	
PLAYER 1	5	10	
PLAYER 2	5	10	
PLAYER 3	5	10	
PLAYER 4	5	10	
<b>COMBINATIONS</b>	<b>HITS</b>	<b>SECS</b>	
PLAYER 1	10	20	
PLAYER 2	10	20	
PLAYER 3	10	20	
PLAYER 4	10	20	
<b>BEST SHOT</b>	<b>HITS</b>	<b>SECS</b>	
BEST SHOT	1	10	
<b>SPEED SHOT</b>	<b>HITS</b>	<b>HITS</b>	
HITS	1	HITS	
HITS	5	HITS	
<b>BURN OUT</b>	<b>HITS</b>	<b>SECONDS</b>	
HITS	50		
SECONDS	30		

MA CLASS 2			
<b>PLAYER 1</b>	<b>HITS</b>	<b>SECS</b>	
PALM STRIKES	20	20	
HAMMER FISTS	20	20	
PUNCHES	20	20	
FRONT KICKS	10	20	
ROUND KICKS	10	20	
CRESCENT KICKS	10	20	
<b>PLAYER 2</b>	<b>HITS</b>	<b>SECS</b>	
PALM STRIKES	20	20	
HAMMER FISTS	20	20	
PUNCHES	20	20	
FRONT KICKS	10	20	
ROUND KICKS	10	20	
CRESCENT KICKS	10	20	
<b>PLAYER 3</b>	<b>HITS</b>	<b>SECS</b>	
PALM STRIKES	20	20	
HAMMER FISTS	20	20	
PUNCHES	20	20	
FRONT KICKS	10	20	
ROUND KICKS	10	20	
CRESCENT KICKS	10	20	
<b>PLAYER 4</b>	<b>HITS</b>	<b>SECS</b>	
PALM STRIKES	20	20	
HAMMER FISTS	20	20	
PUNCHES	20	20	
FRONT KICKS	10	20	
ROUND KICKS	10	20	
CRESCENT KICKS	10	20	
<b>BEST SHOT</b>	<b>HITS</b>	<b>SECS</b>	
BEST SHOT	1	10	
<b>SPEED SHOT</b>	<b>HITS</b>	<b>HITS</b>	
HITS	1	HITS	
HITS	5	HITS	
<b>BURN OUT</b>	<b>HITS</b>	<b>SECONDS</b>	
HITS	50		
SECONDS	30		

MA CLASS SIMPLE			
<b>5 Hits/ 10 Secs</b>	<b>HITS</b>	<b>SECS</b>	
PLAYER 1	5	10	
PLAYER 2	5	10	
PLAYER 3	5	10	
PLAYER 4	5	10	
<b>10 Hits/ 20 Secs</b>	<b>HITS</b>	<b>SECS</b>	
PLAYER 1	10	20	
PLAYER 2	10	20	
PLAYER 3	10	20	
PLAYER 4	10	20	
<b>20 Hits/ 30 Secs</b>	<b>HITS</b>	<b>SECS</b>	
PLAYER 1	20	30	
PLAYER 2	20	30	
PLAYER 3	20	30	
PLAYER 4	20	30	
<b>40 Hits/ 60 Secs</b>	<b>HITS</b>	<b>SECS</b>	
PLAYER 1	40	60	
PLAYER 2	40	60	
PLAYER 3	40	60	
PLAYER 4	40	60	
<b>BEST SHOT</b>	<b>HITS</b>	<b>SECS</b>	
BEST SHOT	1	10	
<b>SPEED SHOT</b>	<b>HITS</b>	<b>SECONDS</b>	
HITS	1		
HITS(SECONDS MODE)	5		
<b>BURN OUT</b>	<b>HITS</b>	<b>SECONDS</b>	
HITS	50		
SECONDS	30		

FIT TO DEFEND			
<b>BEGN FITTODEFEND</b>	<b>TECHNIQUES</b>	<b>HITS</b>	<b>SECS</b>
TECHNIQUES		6	
TIME INTERVAL (SECONDS)		10	
WORKOUT TIME (MINUTES)		3.5	
	<b>HITS</b>		
PALM STRIKES	10		
HAMMER FISTS	10		
ELBOWS	5		
KNEES	5		
FRONT KICKS	5		
ROUND KICKS	5		
<b>BASIC FITTODEFEND</b>	<b>TECHNIQUES</b>	<b>HITS</b>	<b>SECS</b>
TECHNIQUES		8	
TIME INTERVAL (SECONDS)		20	
WORKOUT TIME (MINUTES)		6	
	<b>HITS</b>		
PALM STRIKES	15		
HAMMER FISTS	15		
ELBOWS	10		
KNEES	10		
FRONT KICKS	10		
ROUND KICKS	10		
SIDE KICKS	5		
BACK KICKS	5		
<b>ADV FITTODEFEND</b>	<b>TECHNIQUES</b>	<b>HITS</b>	<b>SECS</b>
TECHNIQUES		8	
TIME INTERVAL (SECONDS)		30	
WORKOUT TIME (MINUTES)		10	
	<b>HITS</b>		
PALM STRIKES	20		
HAMMER FISTS	20		
ELBOWS	15		
KNEES	15		
FRONT KICKS	12		
ROUND KICKS	12		
SIDE KICKS	10		
BACK KICKS	10		
<b>EXTREME FTD</b>	<b>TECHNIQUES</b>	<b>HITS</b>	<b>SECS</b>
TECHNIQUES		8	
TIME INTERVAL (SECONDS)		45	
WORKOUT TIME (MINUTES)		10	
	<b>HITS</b>		
PALM STRIKES	30		
HAMMER FISTS	30		
ELBOWS	20		
KNEES	20		
FRONT KICKS	15		
ROUND KICKS	15		
SIDE KICKS	12		
BACK KICKS	12		
<b>PRO FTD</b>	<b>TECHNIQUES</b>	<b>HITS</b>	<b>SECS</b>
TECHNIQUES		8	
TIME INTERVAL (SECONDS)		60	
WORKOUT TIME (MINUTES)		10	
	<b>HITS</b>		
PALM STRIKES	50		
HAMMER FISTS	50		
ELBOWS	25		
KNEES	25		
FRONT KICKS	20		
ROUND KICKS	20		
SIDE KICKS	15		
BACK KICKS	15		
<b>BEST SHOT</b>	<b>HITS</b>	<b>SECONDS</b>	
HITS	1		
TIME INTERVAL (SECONDS)		10	
<b>SPEED SHOT</b>	<b>HITS</b>	<b>SECONDS</b>	
HITS	1		
HITS	5		