

HERMAN FITNESS WORKOUTS

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

SELF DEFENSE 1			
PLAYER 1		HITS	SECS
HANDS	3	10	
ELBOWS	3	10	
KNEES	3	10	
KICKS	3	10	
PLAYER 2		HITS	SECS
HANDS	3	10	
ELBOWS	3	10	
KNEES	3	10	
KICKS	3	10	
PLAYER 3		HITS	SECS
HANDS	3	10	
ELBOWS	3	10	
KNEES	3	10	
KICKS	3	10	
PLAYER 4		HITS	SECS
HANDS	3	10	
ELBOWS	3	10	
KNEES	3	10	
KICKS	3	10	
BEST SHOT		HITS	SECS
BEST SHOT	1	10	
SPEED SHOT		HITS	HITS
HITS	1	5	HITS

SELF DEFENSE 2			
HANDS		HITS	SECS
PLAYER 1	3	10	
PLAYER 2	3	10	
PLAYER 3	3	10	
PLAYER 4	3	10	
ELBOWS		HITS	SECS
PLAYER 1	3	10	
PLAYER 2	3	10	
PLAYER 3	3	10	
PLAYER 4	3	10	
KNEES		HITS	SECS
PLAYER 1	3	10	
PLAYER 2	3	10	
PLAYER 3	3	10	
PLAYER 4	3	10	
KICKS		HITS	SECS
PLAYER 1	3	10	
PLAYER 2	3	10	
PLAYER 3	3	10	
PLAYER 4	3	10	
BEST SHOT		HITS	SECS
BEST SHOT	1	10	
SPEED SHOT		HITS	SECS
HITS	1	5	HITS(SECONDS MODE)