

HERMAN FITNESS WORKOUTS

SIMPLE PERSONAL		
3 HITS	HITS	SECS
COMBINATIONS	3	10
5 HITS	HITS	SECS
COMBINATIONS	5	10
10 HITS	HITS	SECS
COMBINATIONS	10	15
15 HITS	HITS	SECS
COMBINATIONS	15	20
20 HITS	HITS	SECS
COMBINATIONS	20	30
30 HITS	HITS	SECS
COMBINATIONS	30	45
BEST SHOT	HITS	SECS
BEST SHOT	1	10
SPEED SHOT	HITS	SECS
HITS(SECONDS MODE)	1	5

SIMPLE 2 PERSONAL		
3 HITS	HITS	SECS
HANDS	3	10
KICKS	3	10
COMBINATIONS	3	10
5 HITS	HITS	SECS
HANDS	5	10
KICKS	5	10
COMBINATIONS	5	10
10 HITS	HITS	SECS
HANDS	10	15
KICKS	10	15
COMBINATIONS	10	15
15 HITS	HITS	SECS
HANDS	15	20
KICKS	15	20
COMBINATIONS	15	20
20 HITS	HITS	SECS
HANDS	20	30
KICKS	20	30
COMBINATIONS	20	30
30 HITS	HITS	SECS
HANDS	30	45
KICKS	30	45
COMBINATIONS	30	45
BEST SHOT	HITS	SECS
BEST SHOT	1	10
SPEED SHOT	HITS	SECS
HITS(SECONDS MODE)	1	5

COMPETITION		
3 HITS	HITS	SECS
COMBINATIONS	3	10
5 HITS	HITS	SECS
COMBINATIONS	5	10
10 HITS	HITS	SECS
COMBINATIONS	10	15
15 HITS	HITS	SECS
COMBINATIONS	15	20
20 HITS	HITS	SECS
COMBINATIONS	20	30
30 HITS	HITS	SECS
COMBINATIONS	30	45
BEST SHOT	HITS	SECS
BEST SHOT	1	10
SPEED SHOT	HITS	SECS
HITS(SECONDS MODE)	1	5

COMPETITION SPORTS		
BOXING	HITS	SECS
PUNCHES	5	10
MARTIAL ARTS	HITS	SECS
MA STRIKES	5	10
BASEBALL PITCHING	HITS	SECS
PITCHES	5	15
BASEBALL HITTING	HITS	SECS
HITS	5	20
FOOTBALL PASSING	HITS	SECS
PASSES	5	30
GOLF	HITS	SECS
SWINGS	5	45
SOCCER	HITS	SECS
KICKS	5	10
BEST SHOT	HITS	SECS
BEST SHOT	1	10
SPEED SHOT	HITS	SECS
HITS	1	5
HITS(SECONDS MODE)	5	