

November KNOCKOUT

1. REVERSE LUNGE (R) TO
BALANCE - BICEPS CURL X 10



2. REVERSE LUNGE(L) TO UPRIGHT
ROW - SHOULDER RAISE X 10



3. RUNNER'S LUNGE- TOUCH THE
FLOOR AND QUICKLY SWITCH- 45 SEC



4. WEIGHTED STEP-UPS- 45 SEC
EACH SIDE



5. SINGLE LEG BENCH SQUAT
X 10 EACH



6. BENCH HOPS- 45 SEC



7. BENCH PUSH-UPS X 15



8. RAINBOW BOOTY X 10 EACH



My Knockout Workout

A. J. Pine



My Knockout Workout:

The Knockout Workout Mia St. John, 2009-04-13 The workout book that really packs a punch Who needs to be in better shape than a professional boxer Who better to help a woman of any age get into her finest possible physical condition and stay there than WBC Welterweight Champion Mia St John In The Knockout Workout Mia helps you master the exercises and workouts that keep boxers and martial arts experts fit and trim With clear step by step instructions and plenty of detailed photos she shows you how to punch and kick your way to a level of fitness you never thought possible She provides diet tips and meal plans that keep you healthy satisfied and slim along with mental strategies to achieve power calmness and tenacity Don't try to slim down with quick fixes or bulk up with heavy weights Follow the simple three step program you'll find in The Knockout Workout and you'll be a knockout in no time

The Complete Idiot's Guide to Knockout Workouts for Every Shape Illus Patrick S. Hagerman, 2006-11-07 It's time to get into shape the easy way Author and fitness expert Patrick Hagerman provides comprehensive information and customized workout plans for every age ability level and physical condition With Hagerman as their coach readers will be on the right track to fitness in no time improving their health self esteem and appearance Presented in a style easily referenced and cross referenced for all ages and ability levels Written by an experienced author and fitness expert Well illustrated for increased comprehension of programs and exercises Caters to everyone from pregnant women to older men with lower back pain

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Total Knockout Fitness Martin McKenzie, Stefanie Kirchner, 2014-01-28 Total Knockout Fitness incorporates a blend of boxing cardio and cross training to produce the ultimate total body workout Featuring full color photos step by step descriptions of exercises and fundamental boxing skills and a DVD depicting workouts variations and training tips this special package contains everything you need in order to burn calories increase power and strength sculpt muscles and transform your body

The Good Son Mark Kriegel, 2013-07-09 A biography of boxing champ Ray Boom Boom Mancini who is considered the real Rocky

One Night A. J. Pine, 2015-04-21 When she lost it all Jess decided to cope by living a lie But you can't keep on pretending forever Twenty one year old Jess used to have everything a loyal best friend a boyfriend she loved and a future that was right on track But in a single night her whole world changed Now Jess lives for the impersonal connection of drunken hook ups and to go coffee cups in the morning All she needs is one night to pretend everything is fine until she meets Adam Thanks to a sports injury

gorgeous charming basketball star Adam Carson is stuck in physical therapy at the hospital where Jess interns giving her the perfect opportunity to see his sweet considerate nature and making her realize that maybe she does want something more But while Adam might be the best thing that s happened to Jess in a long time letting him past her carefully constructed walls means letting him know what happened and why he d never want her for more than one night AJ Pine writes stories to break readers hearts but don t worry she ll mend them with a happily ever after As an English teacher and a librarian AJ has always surrounded herself with books All her favorites have one big commonality kissing Lots of kissing Naturally her books have the same When she s not writing she s of course reading Then there s online shopping everything from groceries to shoes and a tiny bit of TV where she nourishes her undying love of vampires from Eric Northman to the Salvatore brothers And in the midst of all of this you ll also find her hanging with her family in the Chicago burbs

The Gleason's Gym Total Body Boxing Workout for Women Hector Roca,Bruce Silverglade,2008-06-16 Defined arms sleek shoulders flat tight abs lean firm legs this is the shape that women want to get from their workouts World renowned trainer Hector Roca and owner Bruce Silverglade bring Gleason s Gym s boxing secrets to your home with The Gleason s Gym Total Body Boxing Workout for Women outlining a step by step program that gets any woman into knockout shape fitter faster and firmer than ever in just four weeks Boxing is not only a dynamic fitness program but also a powerful addition to other fitness routines Using unique combinations of muscle groups and both aerobic and weight training movements boxing works out the entire body at one time You ll lose weight build lean toned muscle improve cardiovascular fitness and feel physically and emotionally stronger all at once Roca and Silverglade break down all the boxing basics from how to make a fist and how to stand to more advanced boxing moves and various ways of jumping rope and include a nutritional plan to maximize results The Gleason s Gym Total Body Boxing Workout for Women offers the ultimate workout for women who want to look their best feel their best and be their best

Your Healthiest Healthy Samantha Harris,2018-09-18 This book will change your life Kris Jenner This is such an incredible resource for all around healthy living Brooke Burke Buy it People magazine From celebrity TV host and cancer survivor Samantha Harris comes a comprehensive action plan for helping to prevent and fight cancer and living your best healthiest life Millions watched Samantha Harris cohost Dancing with the Stars and Entertainment Tonight and then share the story of her breast cancer diagnosis at age 40 After the initial shock and recovery from a double mastectomy she sought answers to why it could have happened and ways to improve her overall health Now the Emmy winning journalist nutrition advocate certified personal trainer and mother of two offers her real world strategies for overcoming adversity and systematically improving your total well being Your Healthiest Healthy combines her humorous sometimes harrowing always inspiring journey with research backed advice insights from doctors and scientists and effective tips into an easy to follow eight step road map Her practical advice will empower you to eat better work out smarter reduce toxins around you master your medical awareness handle health crises strengthen your relationships boost your positivity and build resiliency With this

complete program you can maximize your health energy and happiness for life *Black Belt* ,1992-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Practical Strength Training Guide for Self-Defense & Martial Arts* Ralph Haenel,2016-08-25 The practical strength training guide for Wing Tsun Kung Fu Wing Chun Ving Tsun practitioners and fitness enthusiasts Step by step explanations of exercises Striking power for self defense and martial arts Now with bonus chapter about fundamental kettlebell training

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