

Day 5 Advanced Full Workout (Coach Levy)

RH Pound behind /cross / step back Right

LH pound behind / cross / step back left

10 squat jumps

Rh pound between behind / step back between / step back shot

LH pound between behind / step back between / step back shot

RH between behind

LH between behind

10 squat jumps

90 degrees

Between behind cross / alternate

90 degrees

10 squat jumps