



Fling Boxing

Intermediate Workout 15 Rounds

Time	Combinations	Round
0-2 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	1
2-3 min	Rest	
3-5 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	2
5-6 min	Rest	
6-8 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	3
8-9 min	Rest	
9-11 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	4
11-12 min	Rest	
12-14 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	5
14-15 min	Rest	
15-17 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	6
17-18 min	Rest	
18-20 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	7
20-21 min	Rest	
21-23 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	8
23-24 min	Rest	
24-26 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	9
26-27 min	Rest	
27-29 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	10
29-30 min	Rest	
30-32 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	11
32-33 min	Rest	
33-35 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	12
35-36 min	Rest	
36-38 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	13
38-39 min	Rest	
39-41 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	14
41-42 min	Rest	
42-44 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	15
44-45 min	Rest	