



MITT WORK

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK 1	Just Box15: Fast March	Boom30: Full Body Bodyweight Burn	Live Virtual Training	Just Box15: 24-Combo	Mitt Challenge: Job	Blitz30: Full Body Foundation	Rest Day
WK 2	Boom30: Agility Balance Drills	Just Box15: Base Breakdown Beginner	Mitt Challenge: 5-Combo	Boom30: Combos & Balance	Legend25: Team R & R	Blitz30: LowerBody Focus & Abs	Rest Day
WK 3	Boom30: EMOM	Just Box15: 17-Combo	Mitt Challenge: Roll	Boom45: Jumprope	Legend30: Reset	Blitz30: Full Body	Rest Day
WK 4	Boom45: Full Body	Just Box20: 34-Punch	Mitt Challenge: Job	Boom30: Full Body Power & Speed	Just Box15: Base	Blitz45: Upper Body Push	Rest Day