



# COMBAT

	1	2	3	4
	<b>ROPE</b>	<b>S</b>	<b>SPC-P</b>	<b>SIM</b>
	4	4	4	4
5	6	7	8	9
<b>S</b>	<b>P-BAG</b>	<b>SIT</b>	<b>S</b>	<b>SPC-K</b>
4	3	5	4	3
10	11	12	13	14
<b>SIM</b>	<b>S</b>	<b>ROPE</b>	<b>SIT</b>	<b>P-BAG</b>
4	3	3		3
15	16	17	18	19
<b>S</b>	<b>SPC-K</b>	<b>SIT</b>	<b>S</b>	<b>SPC-K</b>
4	3	5	4	3
20	21	22	23	
<b>ROPE</b>	<b>S</b>	<b>SPC-P</b>	<b>P-BAG</b>	
	4	4	3	

## 80' COMBAT-GYM MINUTES PROGRAM

(Complete GYM Workout for COMBAT)



**PKS**

80

9	<b>P-BAG</b>	<b>Punching BAG</b>
11	<b>ROPE</b>	<b>Boxing ROPE</b>
27	<b>S</b>	<b>Stretching</b>
8	<b>SIT</b>	<b>SITUATION</b>
8	<b>SIM</b>	<b>SIMULATION</b>
9	<b>SPC-K</b>	<b>KICKs: SPECIAL</b>
8	<b>SPC-P</b>	<b>PUNCHes: SPECIAL</b>