

#	ACTIVITY	Series	REPs
1	JUMPs	3	50
2	STRETCHING	2	60
3	SIT-Ups (ABOVE)	2	50
4	SIT-Ups (DOWN)	2	50
5	PUSH-Ups (TRICEPS)	2	15
6	PUSH-Ups (BICEPS)	3	30
7	PUSH-Ups (BACK)	2	15
8	REFLEX FIGHT BALL	2	500
9	RESISTENCE-BAND PUNCHES		80
10	BOXING ROPE	1	120
11	PUNCH-BALL		120
12	SHADOW BOXING	2	120
13	SHADOW KICK-BOXING	1	120
14	BASIC PUNCHES	6	17
15	PUNCHES STANDARD-MIX	2	10
16	BASIC KICKS	2	6
17	BOBS/DODGING/XCAPE	1	10
18	FOOTWORK	2	120
19	FREE-FIGHT		180
20	DEBRIEFING	1	120
<b>TRAINING CARD TOTAL TIME</b>		<b>60</b>	

<b>TRAINING CARD</b>	<b>YELLOW</b>
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<b>Fighter's NAME</b>	<b>Joe Santangelo</b>
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<b>TIME ENLAPSED</b>	<b>60</b>
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<b>POINTs EARNED</b>	<b>49</b>
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