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Home-Workout

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Instructions

Hello Students,

These home-workouts are designed to help you supplement your usual class training. You can do them once a day or thrice a day—it's up to you. Adults should modify these exercises as necessary for their body. Kids can break up the exercises by choosing an animal exercise to do every other or every third exercise—either in 5-10 repetitions or in a lap if you have the room.

When working out at home be mindful of your standing surface and footwork. Take each exercise slowly at first to make sure of your stability.

You are also encouraged to go through your training guidebook and review previous belt level material including, forms, sparring combos, and self-defense. You might pick a belt level a week and practice all it's curriculum 5 times each day. You can find videos of the forms on our website.

Happy kicking,
Kristi Reeves

Warm Up

Exercise:

Repetition:

Laying on Back:

Knees to chest & hold	60 seconds
1 Knee Up, 1 leg straight	30 sec each side
Knees to chest, arms to side,	
Rock knees side-to-side slowly	6-10
Double leg lifts	15
Single Leg Lifts	10 each side
Front Kicks	10 each side
Alligator Bites	15
Knees Bent, feet on floor, 1 foot on	
Knee, tilt knee forward	30 sec each side
Pretzel Stretch - bring vertical knee	
to chest keeping foot on knee	60 sec each side

Laying on Side:

Round Kicks	10 each side
Side Stretch Kicks	10 each side
Side Kicks	10 each side
Side Circles, with top leg straight	10 each side

Laying on Belly:

Rear Stretch Kicks	10 each side
Rear Circles	10 each side
Superheroes	10

Push-up Position:

Push-ups	10
Falling Mans, lift opposite arm & leg	10
Hillclimbers	20

Crab Position:

Crab Push-ups	10
1 Leg Up	10 sec each side
Crab Kicks	20

Curriculum

Exercise:

Repetition:

Combos from Current Form	10 each side
Sparring Combos	10 each side

Previous Form:

Once Each Direction

Current Form:

No hands, No Feet, No Eyes, Regular

*"No great deed, private or public, has ever been
undertaken in a bliss of certainty"*

- Leon Wieseltier