



**Black Belt Cardio, Strength, and Endurance  
At Home Regimen**

**Complete in FULL 5-days per week!**

- 2-min Sprints
- 2-min Jumping Jacks
- 2-min Non-Stop Stepping
- *1-min Rest*
- 2-min Plank
- 2-min Burpees/Korean Jumping Jacks
- *1-min Rest*
- 50 Pushups
- 50 Crunches
- *1-min Rest*
- 2-min Non-Stop Kicks (Preferably on bag or paddles)
- *1-min Rest*
- 2-min Non-Stop Kicks (Preferably on bag or paddles)
- 10-min Stretch to cool down and improve flexibility