

CARDIO KICKBOXING



Physical Education Enrichment Activity Lesson

What Is Cardio Kickboxing?

- Cardio kickboxing is a cardiovascular and muscular endurance workout that is a mixture of boxing, martial arts, and aerobics.
- It is an high-energy workout that challenges both beginner and advanced athletes.
- Builds stamina, improve body awareness, flexibility, and burn calories. Also, helps relieve stress, improves self-esteem and confidence.



Lets Get Ready!

- No equipment needed.
- You will be doing a lot of punching and kicking. Find an open area you will not knock anything over when kicking.
- Wear athletic gear and have water available for in-between sets.
- Before you start make sure to get a good warm-up in. Start by getting your heart rate up (running in place, jumping jacks, etc.). Then make sure to get a good stretch in using the fighter stretching.



You have 3 cardio kickboxing options

Choose the best fit for yourself

Option 1: THE FINAL BELL. This work out is pictured to your right. If you do not have enough space inside this is a great to try outside. Start with 3 sets with a 1-2 minute break in-between. If you're feeling good try to do more!

Option 2: This is a beginner work out to get you started. After going through the video take a 1-2 minute rest and do a second set or if you are feeling confident try option 3.

<https://video.link/w/jeR7>

Option 3: If you feeling confident, you can try the intermediate workout. After going through the video take a 1-2 minute rest and do a second set

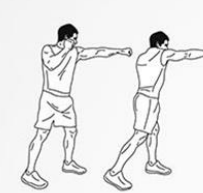
<https://video.link/w/VjR7>

Make sure to take breaks when necessary and go at your own pace

THE FINAL BELL

DAREBEE WORKOUT © darebee.com

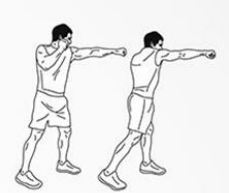
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



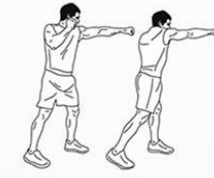
10 uppercuts



20 punches



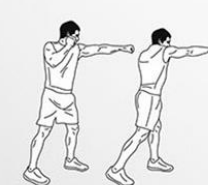
10 hooks



20 punches



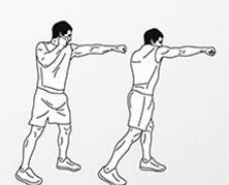
10 hooks



20 punches



10 uppercuts



20 punches

Great Job!!



- Now that you finished you should do a **Cool Down** exercise to bring your heart rate back down to your resting heart rate. You can return to our warm up exercises as a cool down.
- Hope you enjoyed cardio Kickboxing. Try and get your family involved with the lesson next time!

Extra: In the previous lesson you learned how to take and use your heart rate during exercise. You can check your resting heart rate before your workout and check again in-between sets.