



StrikeFit Curriculum Details
LEVEL 1

COMBATIVES

Fighting Stance

Movement: Fighting Stance Moving Forward, Left, Right, Back

Movement: Shadow Boxing w/o Punches or Kicks

Direct punches (Jab / Cross)

Short Hooks

Left & Right bodyshot punches

Round kick (low)

Knees (regular and round)

COMBINATIONS (Punches only)

Left jab/Right cross

Left hook/Right cross

Left jab/Right hook

Right cross/Left hook

Left jab/Right bodyshot

Left jab/Right cross/Left hook

Left jab/Right cross/Left hook/Right bodyshot

Left bodyshot/Right cross

Left bodyshot/Right cross/Left hook/Right cross

COMBINATIONS (All combatives)

Left jab/Right knee

Left jab/Right lowkick

Right cross/Left lowkick

Left jab/Right cross/Left knee

Left jab/Right cross/Left hook/Right lowkick

Left jab/Right bodyshot/Left hook/Right lowkick

Left jab/Right bodyshot/Left hook/Right knee/Right lowkick

Left jab/Right lowkick/Left jab/Right cross

FITNESS

Bodyweight – Squats
Bodyweight – Lunges
Bodyweight – Butterfly Sit-ups
Bodyweight – Bicycle crunches
Bodyweight – Diagonal crunches
Bodyweight – Knee push ups
Bodyweight – Dead Bug
Bodyweight – Side Plank
Bodyweight – Wall sit
Bodyweight – Bekkenbrug (2 leg bridge)
Bodyweight – Burpees (push up + jump up)
Bodyweight – Sprint

Bands - Band pulls - 2 hands
Bands - Band press - 2 hands
Bands - Pull aparts
Bands - High pulls (light)
Bands - Skull crushers (light)
Bands - Pallof press
Bands - Face full
Bands - Front raise
Bands - Sprint

Kettlebell - Benchpress - 2 hands
Kettlebell - Deadlift
Kettlebell - Front raise