

Mr. Yee's Beginner Workout

- 2min Jumping Jacks
- 1min Jab, Cross-One alligator in between each combination
- 2min Squat-Feet shoulder distance apart with arms at side and keeping back as straight as possible
- 30sec Rest
- 1min Jab, Cross, Hook-One alligator in between each combination
- 2min Crunches-Lying on back with knees bent and arms across chest. Lift your back up until shoulder blades are off the ground
- 1min Jab, Cross, Hook, Cross-On alligator in between each combination
- 2min Full or modified push-ups. Only feet and hands on ground or knees and hands on ground. Making sure your back is straight the whole time remember no mountain bums or valley bums
- 30sec Rest
- 1min Front kick-One alligator in between each kick. Making sure knee comes up first and then snap out leg
- 2min Jumping Jacks
- 1 min Jab, Cross, Front Kick
- 1min Jumping knees up as high as you can. If you can jump knees to chest
- 1 min plank-Toes, forearms, and elbows on the ground with back straight. Remember you should look like a bridge and you could eat soup off your back without spilling any soup.
- 30sec Rest
- 1min Superman- Lay on your stomach with arms and legs straight like how Superman flies. Then raise arms and legs as high as you can and hold
- 30sec Sliding Round Kick-Remember to slide your right leg to your left leg, raise your knee up bent and sideways, and kick you and back

Send us a post card describing two
20-minute workouts & we'll give you
1 class credit.

Practical Martial Arts
5768F Paradise Dr.
Corte Madera CA 95925

Mr. Yee's Advanced Workout

Remember to go for speed and good technique for combinations

- 2min Jumping Jacks
- 1min Jab, Cross, Left Uppercut-One alligator in between each combination
- 1min Jumping Squats--Feet shoulder distance apart with arms in front of you and keeping back as straight as possible jump up and down making sure your knees don't go pass your toes
- 1min Squats-Feet shoulder distance apart with arms at side and keeping back as straight as possible
- 1min Cross, Left Uppercut, Cross-One alligator in between each combination
- 30sec Rest
- 1min V-ups-Laying on your back raise your arms and legs at the same time touching hands to toes or shins
- 1min Push-Ups-Toes and hands on ground and keeping your back straight lower your chest down as close to the ground as you can
- 1min Left Uppercut, Cross, Left Uppercut-One alligator in between each combination
- 1min Jump knees to chest
- 1min Right Uppercut, Left Hook, Right Cross-One alligator in between each combination
- 1min Four uppercuts-Remember to twist body with uppercuts and one alligator in between each combination
- 30sec Rest
- 1min Superman- Lay on your stomach with arms and legs straight like how Superman flies. Then raise arms and legs as high as you can and hold
- 1min Leg Lifts-Lay on your back and hold a something with your hands that wont move like a chair or bottom of a sofa. Keeping you legs and knees straight lift your legs up together to make yourself into a L and lower back down without touching the ground.
- 1min Low Hook, High Hook, Cross-One alligator in between each combination
- 30sec Plank-Keep toes, forearms, and elbows on ground and keep back straight
- 45sec Right Plank-Keep Right heel, elbow and forearm on the ground lifting your hips off the ground keeping your body straight
- 45sec Left Plank-Keep Left heel, elbow and forearm on the ground lifting your hips off the ground keeping your body straight
- 30sec Jab, Left Hook, Cross-One alligator in between each combination
- 30sec Jumping Squats--Feet shoulder distance apart with arms in front of you and keeping back as straight as possible jump up and down making sure your knees don't go pass your toes
- 30sec Low Jab, High Jab, Right Uppercut-One alligator in between each combination
- 30sec Jump knees to chest

Send us a post card describing two 20-minute workouts & we'll give you 1 class credit.

Practical Martial Arts, 5768F Paradise Dr., Corte Madera CA 95925