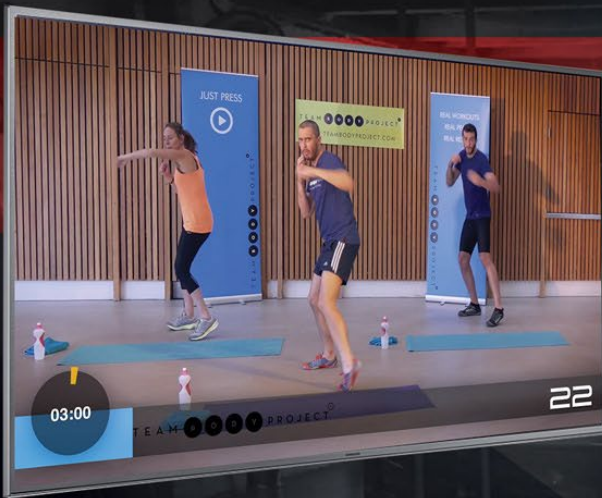




Fight your way to
outstanding health
and fitness!



FIGHT TO FITNESS

PROGRAM

Week 1

DAY 1 - Boxing Resistance Light
DAY 2 - Boxing Abs
DAY 3 - Health Warriors
DAY 4 - Sparta
DAY 5 - Championship Boxing
DAY 6 - Starter Boxer

Week 2

DAY 1 - Cardio Combos Boxer
DAY 2 - Boxing Challenge
DAY 3 - Kickbox Pilates
DAY 4 - Boxing Resistance
DAY 5 - Championship Boxing 2
DAY 6 - Danger Zone Cardio 2