

Let's Try Cardio Kickboxing!

Kickboxing is a great form of cardio and can help reduce stress. It's a known fact that kickboxing movement carried out with the discipline and skills can relieve frustration and anxiety.

Kickboxing is an inspiring combination of aerobics, boxing and martial arts. Workouts consist of intense, total-body, strength, flexibility, coordination and balance.

Cardio kickboxing is meant to be a fun and effective program for achieving your fitness goals. Here is a great routine that can do just that!

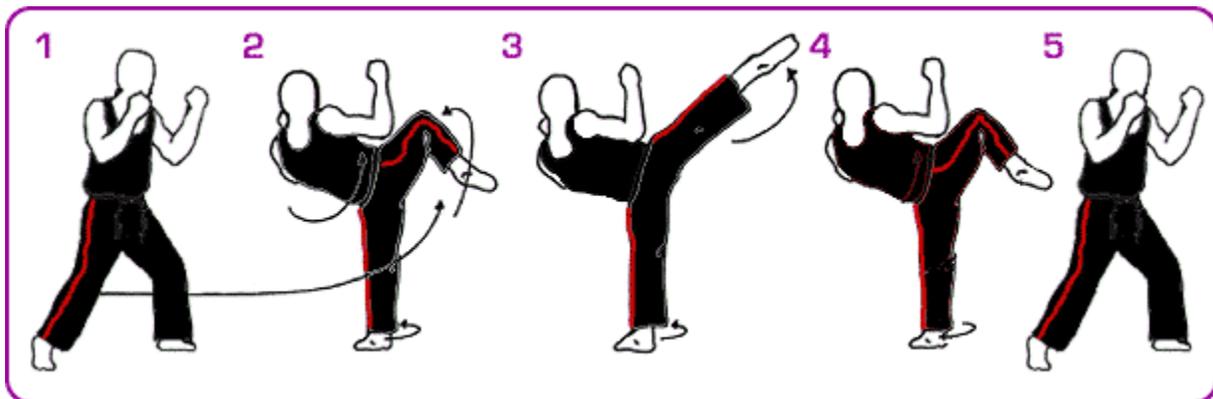
Begin with a Warmup

Bounce stance for 30 seconds, standing with your feet hip-width apart and bounce lightly back and forth, from one foot to another. Engage your core, draw your elbows in and bring your hands to guard pose. Shift weight onto balls of your toes, constantly left to right. Next up jumping jacks for 30 seconds followed by a basic squat for 30 seconds. Let's repeat all three movements 5 times.

The Basics:

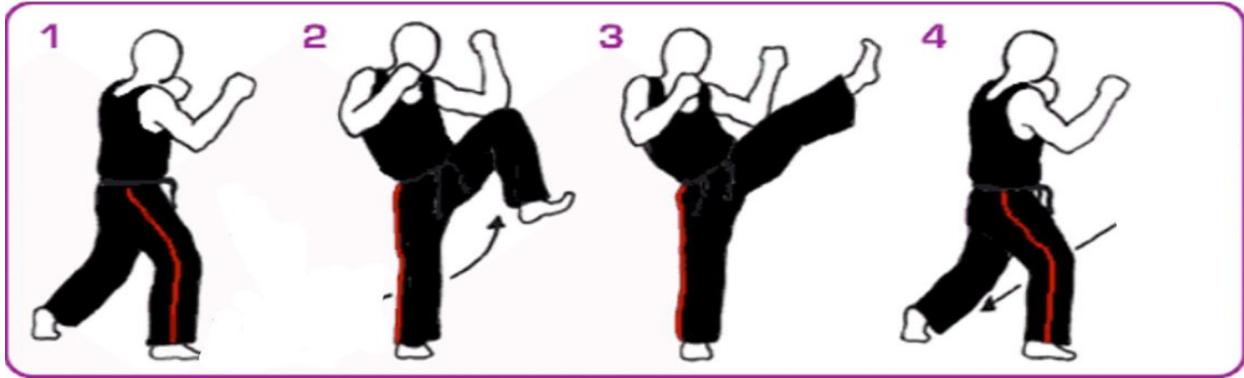
Roundhouse kick: Start with the right side of your body facing forward or an imaginary target, with your knees bent and your feet hip width apart. Lift your right knee, pointing it just to the right of the target and pivot your body toward the same direction. Then straighten the knee to connect with the target. Connect with your shin lightly, and then reverse the movement, twisting back with your hips to the starting position.

Kick for 40 seconds, as though you are hitting the target. Switch and complete with your other leg. Repeat a total of 3 rounds each leg.



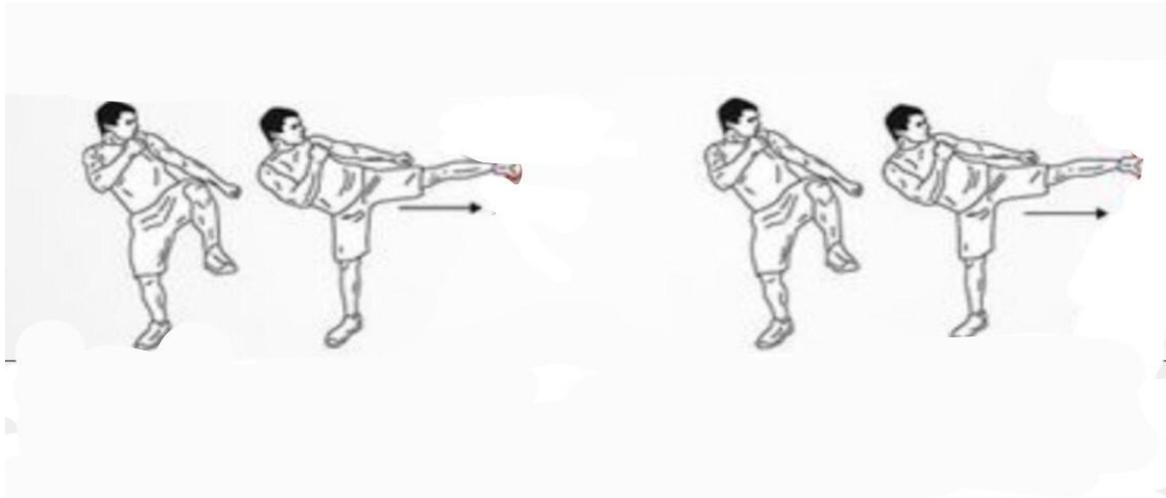
Front kick: Begin with feet shoulder-width apart and arms guard stance. Bend your knees slightly and pull your right knee up to your chest. Point your knee in the direction of an imaginary target and kick out with the ball of your foot.

Kick for 40 seconds, as though you are hitting the target. Switch and complete with your other leg. Repeat a total of 3 rounds each leg.



Side kick: Stand with the right side of your body facing a target. Pull your right knee up to your left shoulder and bend your knees slightly as you kick in the direction of your target. The outside of your foot should front the part that would hit the target.

Kick for 40 seconds, as though you are hitting the target. Switch and complete with your other leg. Repeat a total of 3 rounds each leg.



Cooling down

Seated forward fold

With your legs extended in front of you. Lift your arms and hinge at your hips to fold forward. Place your hands around your ankles or feet and hold this position for up to 1 minute.

Knee to chest holds

Lay on your back with your left leg extended. Bring your right knee to your chest, interlacing your fingers around the front of your shin and hold this position for up to 30 seconds. Switch and repeat on the opposite side.

Reclining Butterfly Pose

Remain lying on your back, draw the soles of your feet together and drop your knees out to the sides. Place your right hand over your heart and left hand on your core. Breathe slowly and deeply. Allow your body to surrender to stillness and relaxation. Close your eyes. Hold this position for up to 5 minutes.