

Stepboxing 2 Premixes:

Combined Workouts

Workout 1 with Db Intervals

Workout 2 with Db Intervals

Db Drills Only

Cardio Drills Only

Cardio and Db Drills Intervals

Workout 1 without Cardio Drills

Workout 2 without Cardio Drills

Workout 1 with Db Drill instead of Cardio Drills

Workout 2 with Db Drill instead of Cardio Drills

Combined Workouts without Cardio Drills

All Cardio followed by all Db Drills