

Stepboxing Premix:

Workout 1 with Extra Boxing Drill (40:38)

Workout 2 with Extra Boxing Drill (40:10)

Workout 1 with Db Intervals (49:53)

Workout 2 with Db Intervals (39:11)

Kickboxing Drills Only (26:30)

Db Drills Only (23:18)

Kb and Db Intervals (41:57)

Kelly's Favorite Compilation (50:34)