

## **Stepboxing 2 Premixes:**

Combined Workouts

Workout 1 with Db moves

Workout 2 with Db moves

Db Drills Only

Cardio Drills Only

Cardio and Db Drills Interaled

Workout 1 without Cardio Drills

Workout 2 without Cardio Drills

Workout 1 with Db Drills instead of Cardio Drills

Workout 2 with Db Drills instead of Cardio Drills