

## A “Top Game” Movement Workout

If you have a heavy bag to kick as shown in the [Dealing out Downkicks](#) video, have it on hand.

First...

### Do 10 Pushups

If you can't then do girly Push-Ups on your knees with your torso straight. Without moving your hands, get into a Four Point Stance by hopping your feet towards your hands a bit, and bending your knees.

### In a “Four Point Stance”...

Kick your Right Leg through (Past where your left hand *was*), touch your heel on the ground, and pull all the way back to your 4 Point Stance

### Execute 20 Reps of this

Kick your now kick your Left Leg through (Past where your Right hand *was*), touch your heel on the ground, and pull all the way back to your 4 Point Stance

### Execute 20 Reps of this

### Stand Up and Shadow Box for 60 Seconds to Rest

### In a “Four Point Stance”...

Kick your Right Leg through (Past where your left hand *was*), **straighten your leg without touching your heel**, and pull all the way back to your 4 Point Stance

### Execute 20 Reps of this

Kick your now kick your Left Leg through (Past where your Right hand *was*), **straighten your leg without touching your heel,,** and pull all the way back to your 4 Point Stance

**Execute 20 Reps of this**

**Stand up and deal out 50 Down Kicks on each leg as your **REST.****

That means be loose and relaxed like a blob of Jello, and just run through the movements.

**In a “Four Point Stance”...**

Execute Alternating Kick Throughs for a total of 60 Kick Throughs

**Stand up and Shadow Box For 60 Seconds**

**Deal out 50 Down-Kicks FULL Power on each leg.**

**Stand up and Shadow Box For 60 Seconds**

Rest Until Fully Recovered

**30 Seconds Alternating Handpin Spins and Kick Throughs**

**45 Seconds Rest**

**30 Seconds Alternating Handpin Spins and Kick Throughs**

**45 Seconds Rest**

**30 Seconds Alternating Handpin Spins and Kick Throughs**

and then... just because I'm a bastard, rest until FULL RECOVERY and do a set of Push-Ups to **FAILURE.**

Now you are done... enjoy the pump in your shoulders until it fades away,  
like all glory.