

Fightin' Bigger Folks Week 3. Day #4

Today we're going to build some good ol' fashioned **slugfest** combinations. These are two great ways to club someone in the head with powershots. Make sure you've watched the supplementary videos on the crazy hook page... that will make sure you're getting the most out of these punches.

Then, watch the videos on the [Double Hook](#), and the [Low To High](#) before you do the workout... which you can also download here.

This workout is definitely going to put some stress on your chest muscles if you're throwing these hooks right. I'm going to put together a number of repetitions that I want you to perform for every combo. **IF YOU FEEL TIGHTNESS** or pain start to develop in your chest... stop. There's no point in over-training, it's just going to set you back. Today's workout is more about power, and less about cardio.

The Workout

- 25 Left Double Hooks (Incredibly Lightly)
- 25 Right Double Hooks (Incredibly Lightly)
- 25 Low to High's... Left Hook to Right Straight (Incredibly Lightly)
- 25 Low to High's... Right Hook to Left Straight (Your left foot should be in the rear)

Shadow Box 60 Seconds

- 25 Left Double Hooks (Full Power)
- 25 Right Double Hooks (Full Power)
- 25 Low to High's... Left Hook to Right Straight (Full Power)
- 25 Low to High's... Right Hook to Left Straight (Full Power)

Shadow box as long as you need to recover...

All combinations from this point forward are full power.

- 25 x Left Double Hook - Right Straight
- 25 x Right Double Hook - Left Straight
- 25 x (Low to High) Left Hook to Right Straight - and a Right Straight to the Body
- 25 x Low to High's... Right Hook to Left Straight - and a Left Straight to the Body

Shadow box (as light as you need to) until you recover.

- 25 x Left Double Hook - Right Straight - Left Hook (move *in* with that straight punch)
- 25 x Right Double Hook - Left Straight - Right Hook
- 25 x (Low to High) Left Hook to Right Straight - and a Right Straight to the Body - Left Hook High
- 25 x Low to High's... Right Hook to Left Straight - and a Left Straight to the Body - Right Hook High

Walk around to recover... if your chest is sore from the Elastic Recoil... STOP

- 25 x Left Double Hook - Right Straight - **Right Elbow** - Left Shovel Hook (move *in* with that elbow)
- 25 x Right Double Hook - Left Straight - **Left Elbow** - Right Shovel Hook
- 25 x (Low to High) Left Hook to Right Straight - and a Right Straight to the Body - Left Hook High - Right Knee
- 25 x Low to High's... Right Hook to Left Straight - and a Left Straight to the Body - Right Hook High - Left Knee

That's it... you're done. Even if you don't feel tired, don't overdo it. Building power doesn't always require exhaustion.