

X CROSSBOXING

TRAINER CERTIFICATE GUIDE

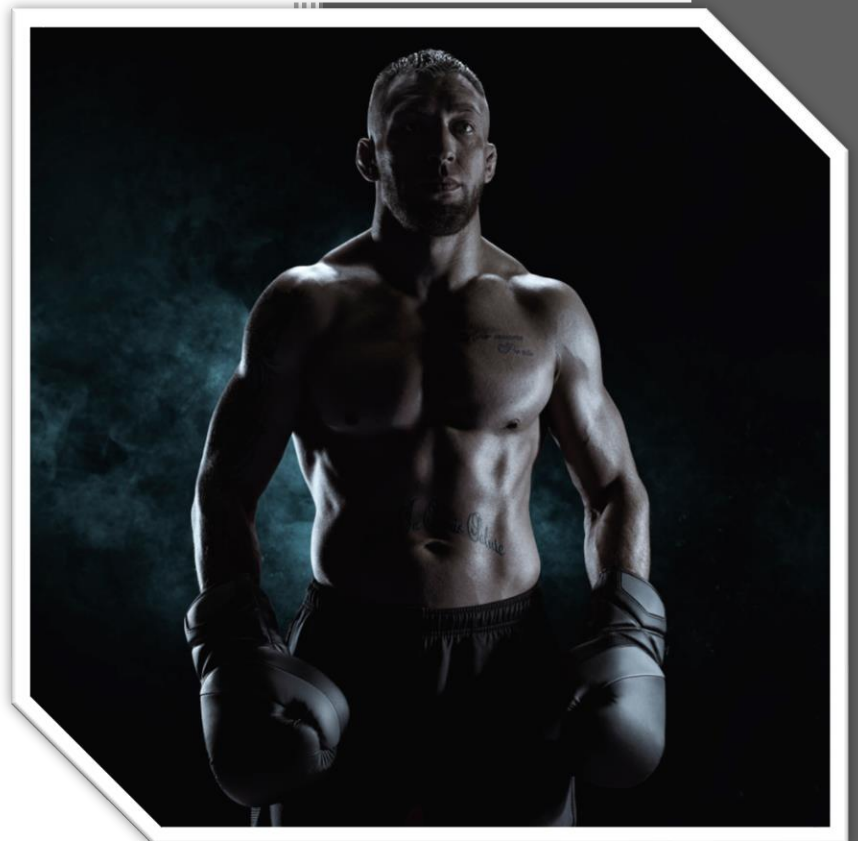


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What is Crossboxing?

Crossboxing is cardio & physical high intensity movements combined with combat techniques from martial arts.

The system is "a training system proven to improve your physical & cardio conditioning as well as your boxing skills".

Trainings are designed to maximize performance.

Martial arts are codified systems and traditions of combat practiced for self-defence and physical and mental development.

Functional training is the application of movements designed to make people's daily activities easier to perform. If the practice of functional movements is executed with high intensity as a result it generates and increases power.

The combination of both cross-training systems (Martial Arts training & Functional training) offers multiple benefits for your body and mind.

Crossboxing brings martial arts and cross-training functional movements together.

Our training programs are built to strength the body and the mind.

Benefits of Crossboxing practice

Every person can benefit from Crossboxing practice.

Elite or Pro athletes, Martial Arts Fighters and other athletes competing at highest levels are using Crossboxing to advance their conditioning and therefore improve their performance.

Other type of athletes (more occasional athletes or athletes who's practice is purely for entertainment) also improve their physical & cardio conditioning and enjoy their practice.

The Training System

Crossboxing training system focuses on conditioning, boxing skills and strength.

Our training system consists of exercises designed to develop and improve your body & train your mind on their full capacity.

Effects of our training system in your body & mind:

- **Cardiovascular/ respiratory endurance** – It improves the ability of your cardiovascular system to supply oxygen and perform at moderate to high intensity for an extended period of time during exercise.

We incorporate Cardio Boxing and Cardio Cross-training functional exercises to our trainings.

- **Strength & Power** – It increases the ability of your muscle units to apply force. Power is the application of the force in minimum time.

We incorporate body weight and exercises using weights in our trainings to increase your strength.

- **Reflexes** – It enhances the ability to reduce the time in response to a certain stimulus.

We incorporate drills and exercises to reduce your response time to stimulus in our training programs.

- **Explosivity** – It boosts your power output ability by combining strength and speed exercises.

We incorporate interval high intensity exercises with maximal effort supply need in our trainings.

- **Accuracy** – It reinforces the body's ability to execute a movement getting the closest to the required target.

We incorporate martial arts exercises to increase your accuracy success rate.

- **Flexibility & Joint Mobility** – It improves the anatomical range of motion in a joint or series of joints and to elongate muscles.

We incorporate dynamic and static stretching and mobility exercises to increase flexibility and mobility.

- **Speed** – It improves the ability of your body to reduce the execution time of a physical activity or exercise.

We incorporate workouts based on time as well as interval high intensity exercises to apply maximum speed during certain time.

- **Coordination** – It helps your body to execute a combined movement of multiple body parts.

We incorporate coordination drills in our training programs.

- **Determination** – It reinforces your will to commit to your goals.

This is one of the most valuable mental skills in Martial Arts.

We incorporate drills to test, prepare and develop your determination.

Find workouts that match your goals in our different programs!

- Crossboxing Program: Includes martial arts techniques and Crosstraining and functional movement standards.
- Martial arts Program: Learn all technical details, drills and tips about kickboxing and thaiboxing.
- Crosstraining Program: Includes Crosstraining workouts and movement standards.
- Cardio Conditioning Program: Workouts that focus on boosting the athlete/trainee cardio conditioning.
- Physical Conditioning Program: Includes workouts with specific physical conditioning exercises for martial arts.
- Muscle building Program: This program focuses on building up muscle.
- Stretching & Mobility Program: Exercises conceived to improve your mobility and flexibility.



Our Programs

Our programs are designed to cover different needs.

Each of our programs focus on optimizing specific physical competences to target better the area of work and accelerate the performance.

Our programs include boxing techniques, cross training and functional movements, drills, combinations, and martial arts tips.

Every of our programs offers workouts classified by different levels (beginners, intermediate and advance)

Home & In-Gym training

Our trainings can be performed at home or in the gym.

We offer the possibility to train from home to those athletes & fighters that because of time reasons, location or self-preference want to train from home. Those athletes and fighters can train from the comfort of home with our pro trainers.

Those athletes and fighters that are gym / club lovers have the possibility to practice Crossboxing at one of our affiliate centers.

All our affiliate centers have a certified Crossboxing Trainer to guarantee the quality of the training and standard of movements.

Exercises

We have an endless variety of exercises, drills and techniques.

Boxing techniques included in our workouts: Shadow boxing, ladder work, jab, cross, hook, bodyshot, uppercut, roundhouse low kick, roundhouse middle kick, roundhouse high kick, front kick, spinning kicks, knees, elbows, spinning elbows, spinning fist, superman punch, slips, rolls and check kicks.

The type of technique used depends on the level of the workout you select (beginners, intermediate, advance)

Additionally in our Martial Arts program you find boxing drills and fighting tips.

Crosstraining & functional training exercises:

Press (strict press, push press, single arm push press, banded press, ball wall press, ball press throws from floor, bench press, kettlebell up press, squatpress, caterpillar complex)

Sit-ups (sit-up, crunches, twisted sit-ups, scissors, weighted, banded crunches, bicycle crunch, side crunch, v-ups, ankle touch crunch, punching sit-up, wide-leg sit-ups, medicine ball throw sit-ups, knee tuck sit-ups, half around the world sit-ups)

Quadruped exercises (deadbugs, crab walk, crab crunches ankle tap, beer crawl, plank floor taps, facing dog toes taps, plank ups)

Snatch (dumbbell snatch)

Isometrics (plank, squat hold, punch iso, neck banded, eccentric & concentric for arms and legs exercises)

Burpees

Sprawls

Slam ball (frontal and lateral throws, ground touch to overhead)

Deadlift (deadlift, sumo deadlift, Romanian or split legs deadlift, single leg romanian deadlift)

Swings (kettlebell swings without band, kettlebell swings banded, lateral lunge kettlebell swings, spinal lateral rotation swing single arm)

Box Steps & Jumps (steps on box with or without weight, box jumps, box jump from knees, box jump over box, steps over box, single leg box jump)

Push-up (push-up, banded push-up, weighted push-up, single arm push-up on ball, tiger push-ups, push-up on dumbbells, handstand push-up)

Rotationals (Single arm standing banded rotations, spinal lateral rotation swing single arm, rack banded core rotations w or w/o slam ball, russian twist)

Lunges (front lunges, reverse lunges, double tempo lunges, jumping lunges, weighted lunges, overhead lunges, spinal rotation lunges, ladder lunges, switch lateral hold lunges, lunges punching w/wo weight)

Squats (squat, weighted squats, lateral squats, jumping squat, lateral jumping squats, banded squats, narrow-wide stance squat, split squat, cossack squat, skater jumping squat, curtsy squat, weighted squat front or back squat, banded jumping squats, squat + front kicks, squat + jabs, squat extensions)

Good mornings (bodyweight, banded, pvc and weighted, banded with plates)

Rope Jumps (single rope jumps, double rope jumps, crossovers, knee tucks jump, single leg rope jumps, double tempo rope jumps, lateral rope jumps)

Dips (box dips, ring dips, bench dips)

Clean (clean, hang clean, power clean, hang power clean)

Knee tucks (upraise knee tucks, upraise banded knee tucks, knee tucks to floor, mountain knee tucks)

Cardio machine (bike, rower, ski erg)

Pull-ups (strict pull-ups, weighted pull-ups, splited pull-ups, one arm pull-ups, L-sit pull-ups)

Bar taps (strict bar taps, strict bar taps with medicine ball)

Knee tucks on bar

Footwork on pads (w or w/o tennis ball hand switch or overhead plate)

Upraise exercises: Shoulder upraise w or w/o band or weight straight and lateral

Biceps curls

Workout with weights

Our programs use bodyweight and exercises with weights. The load of weight depends on your level of the technique expertise, your personal physical condition and your goals.

Our exercises are safe to practice if performed according to our movement description.

The technique of the movement is our prior focus rather than the loading of weight.

The use of weights helps you become stronger, have a better control of your body positioning & stance and helps you boost your metabolism.

Gymnastic exercises

Some of our exercises have a gymnastics background like the handstand push-ups, pull-ups, bar toes and knee raises.

We perform these exercises without rotation or kipping movements to prioritize the health of our athletes/fighters' joints and group of muscles.

HIIT exercises

The combination of high intensity exercises alternated with medium intensity exercises offers numerous benefits.

This kind of workout produce double benefits in terms of performance and fitness progress.

We include HIIT in some of our workouts to boost the performance of our athletes and accelerate their fitness level progress.

HIIT exercises have been demonstrated to increase your metabolic rate for hours after your workout. This results in burning calories even after you have finished exercising.

This kind of training also improves aerobic and anaerobic performance with just few short sessions.

Boxing & Martial Arts exercises

We incorporate Martial arts exercises into our workouts including combinations and drills.

Basic Exercises & Techniques (with phases of movement and bad executed examples & the corrections)

Jab



The jab is a punch performed with the arm that is closest to your opponent or punching bag.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Rotate your hips and bend your knee at the same time that you throw a straight arm punch. Pivot your lead foot in a lifted position after throwing your jab.

Your fist should be placed in a way that your knuckles are horizontally above and your thumb is below your hand. Total extended arm and internal rotation of your elbow.

The shoulder used on the jab should be high enough as to cover your jaw. Rotate the shoulder plates to help extend your arm at the end of the movement.

The fist should be at your eyes level (which is exactly the position of your target). The other arm stays up at your eyebrow level for protection.

Once the fist reaches the target, get back fast into the starting position.

Cross



The cross is a punch performed with the arm that is closest to your rear leg and it is usually your dominant arm.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Rotate your hips and bend your knee at the same time that you throw a straight arm punch with the arm closest to your rear leg. Pivot your rear foot in a lifted position after throwing your cross. Your fist should be placed in a way that your knuckles are above and your thumb is below your hand. Total extended arm and internal rotation of your elbow.

The shoulder used on the jab should be high enough as to cover your jaw. Rotate the shoulder plates to help extend your arm at the end of the movement. The fist should be at your eyes level (which is exactly the position of your target)

Once the fist reaches the target, get back fast into the starting position.

Hook



The hook is a punch performed with either the lead or the rear hand.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Rotate your hips and bend your knee at the same time that you throw the hook. Pivot your lead or rear foot (lead foot for left hook and rear foot for right hook) in a lifted position after throwing your hook. Your fist should be placed in a way that your knuckles are either horizontally above and your thumb is below your hand or knuckles placed vertically with your thumb placed above. Bent your arm at an angle near or at 90 degrees, in a horizontal arc into the opponent.

The shoulder used to perform the hook should be high enough as to cover your jaw. The fist should be at your jaw level (which is exactly the position of your target) with the elbow slightly higher that the hand. Wrist is straight and in tension. The other arm stays up at your eyebrow level for protection.

Once the fist reaches the target, get back fast into the starting position.

Uppercut



The uppercut is a punch performed upwards vertically with either the lead or the rear hand.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Rotate your hips and bend your knee at the simultaneously time that you throw the uppercut. Slightly move your bodyweight towards same side of your performing uppercut arm. Pivot your lead or rear foot (lead foot for left hook and rear foot for right hook) in a lifted position after throwing your uppercut.

Your fist should be placed in a way that your knuckles look upwards. Bent your arm at an angle near or at 90 degrees upwards, in a vertical arc into the opponent.

The shoulder used to perform the uppercut should be high enough as to cover your jaw. The fist should be at your chin/nose level (which is exactly the position of your target). Wrist is straight and in tension.

The other arm stays up at your eyebrow level for protection.

Once the fist reaches the target, get back fast into the starting position.

Bodyshot



The bodyshot is a punch performed semi-vertically with either the lead or the rear hand.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Rotate your hips and bend your knee at the simultaneously time that you throw the bodyshot. Slightly move your bodyweight towards same side of your performing bodyshot arm. Pivot your lead or rear foot (lead foot for left hook and rear foot for right hook) in a lifted position after throwing your bodyshot.

Your fist should be placed in a way that your knuckles look semi-upwards. Bend your arm and target your opponent' middle body part (at the level of the ribs)

The shoulder used to perform the uppercut should be high enough as to cover your jaw. The fist should be at your opponent ribs level (which is exactly the position of your target). Wrist is straight and in tension.

The other arm stays up at your eyebrow level for protection.

Once the fist reaches the target, get back fast into the starting position.

Roundhouse kick



The roundhouse kick is a semicircular kick performed with either the lead or the rear leg.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Make a lateral step at an angle near or at 45 degrees.

STEP 3. Use your arm at the simultaneously time your lift your knee while turning the supporting lifted foot and body in a semicircular motion.

STEP 4. Extend your leg to finish your kick. Maintain your knee slightly bended while performing your kick and use your hip rotation. The arm of the leg used to perform the kick is extended and the other arm stays up at your eyebrow level for protection.

The area of contact should be the shin and never the foot.

STEP 5. Once the shin reaches the target, get back fast into the starting position.

Front Kick



The front kick is a straight kick performed with either the lead or the rear leg.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Lift your knee to your chest level.

STEP 3. Use your arm at the simultaneously time you lift your knee as shown in the pictures above.

STEP 4. Extend your leg to finish your kick. Your foot should make contact with the ball of your foot. The kick should be performed at your opponent' sternum level. The arm of the leg used to perform the kick is extended and the other arm stays up at your eyebrow level for protection.

STEP 5. Once the foot reaches the target, get back fast into the starting position.

Knee



The Knee strike is performed with either the lead or the rear knee. There are 8 different variations in Muay Thai. In this example we show you a straight knee strike.

STEP 1. Standing in your boxing stance with your left leg forward (for right-handed people) and hips-width apart, start with your hands up by your eye-brow level. Knees are slightly bend, elbows tucked in and your chin down.

STEP 2. Bring your knee up at a high near to the top of the abdomen (sternum). Close your knee angle in a way that it looks like a pointy arrow.

STEP 3. With your knee at the top of the abdomen level, bring your hips forward and simultaneously extend your same side arm. The other arm stays up at your eyebrow level for protection.

STEP 4. Once the knee reaches the target, get back fast into the starting position.

Shadow boxing

This is one of the most important exercises from martial arts. We throw punches, kicks, knees and elbows in the air to simulate a sparring.

It prepares the muscles before starting a stronger physical activity.

In the shadow boxing we imagine an opponent in front of us and we spar him. Fighters envision themselves facing their immediate future opponents. You spar their shadow.

Best tips for shadow boxing:

- Loose your muscles, breath and relax.
- Imagine an opponent in front of you.
- Maintain your guard up during the exercise.
- Combine striking and defence movements.
- Use your footwork, moving in all 3 spatial dimensions.
- Don't close your eyes, don't look to the floor.
- Try to use all martial arts techniques you have learned.
- Maintain a pace but also change your strike rhythm.

Squat



This exercise is performed with or without weights. Starting lowering the hips from a standing position and then standing back up.

STEP 1. Standing hips-width apart, chest up, engage abdominals and feet flat on the ground (heels are down) at an angle near or at 45 degrees.

STEP 2. Descend your hips back and down maintaining a straight back.

STEP 3. Bodyweight should be in your center. Descend your hips lower than your knees.

STEP 4. Stand back up with a full hip and knee extension.

Lunge



This exercise is performed with or without weights. One leg is positioned forward with knee bend and foot flat on the ground while the other leg is positioned behind.

STEP 1. Standing hips-width apart, chest up, engage abdominals and feet flat (heels are down).

STEP 2. Make a big step forward and descend your rear leg knee to the floor. Maintain a straight back and chest up.

STEP 3. Make sure that your knee is at an angle near or at 90 degrees.

STEP 4. Stand back up with a full hip and knee extension.

Strict Press & Push Press



In the press exercise, weights or band will be placed above the chest height and pushed upwards.

There are some variations of the same movement. Strict press (without knees movement) and Push Press (bend and push with the knees)



STEP 1. Standing a bit narrower than hips-width apart (for strict) or hips-width (for Push Press), chest up, engage abdominals, hips extended and feet flat (heels are down). Dumbbells rest on torso, hands are outside the shoulders and the elbows are slightly in front of the dumbbell/s (elbows are straight below the dumbbells for the strict version)

STEP 2. Bend slightly your knees before the arm/s press. This step applies exclusively for the Push Press.

STEP 3.

Push your arm/s upwards

STEP 4. Extend your hips and knees at the top.

Pull-up



In the pull-up exercise the body is suspended by the hand/s in a pull-up bar, at a shoulder-width, and pulled up.

STEP 1. Starting hanging from the bar with extended arms and in a hollow position.

STEP 2. Pull up your body towards the bar and don't stop pulling until your chin is above the pull-up bar.

Deadlift



This exercise is performed with weights, either a barbell, a kettlebell or a dumbbell. The weight is lifted off the ground to the level of the hips, torso perpendicular to the floor, before being placed back on the ground.

STEP 1. Standing hips-width apart or a bit narrower, chest up, hook grip, hands outside hips, arms extended and barbell in contact with the shins.

STEP 2. Start pulling upwards the barbell maintaining straight back raising the body at the same rate.

STEP 3. Bring the barbell at the level of your hips maintaining a straight back and contact of the barbell to your legs.

STEP 4. Extend completely your hips and knees.

Handstand push-up



This exercise is performed with your body positioned in a handstand.

STEP 1. Starting standing looking to the wall. Your hands should be placed about 15-30cm away from the wall and slightly wider than your shoulders. Hands palms are facing forward.

STEP 2. Lift your legs kicking up into a handstand. Your heels should touch the wall and your midline rigid.

STEP 3. Lower yourself by bending your arms to touch the floor/mat with your head.

STEP 4. Once your head touches the floor, press up to get back your body into the starting position.

Trainers' Guide

Communication, observation, adaptation

To be a good Trainer also involves communication with your trainees and observation.

The Trainer has the responsibility to adapt any of the exercises if a trainee injury doesn't allow him to perform the exercise or it might have healthy consequences like injuries. It's about improving your trainee physical condition by safeguarding their health.

The exercises should be also adapted to your trainees' level or physical special conditions if the Trainer observes that the trainee cannot perform the exercise according to the exercise standards of movement.

For those trainees considered senior (above 45 years old) the Trainer should adapt the exercises and also the weight if it is necessary to guarantee the quality of the movement performance.

How to adapt exercises

There is always a way to make an exercise easier to perform.

The correct technique and mechanics of the movement have priority over quantity, weight load, speed of the movement or scores.

Make sure your trainees perform the exercises following the correct technique before increasing the weights or applying more power.

If we ignore the technique of an exercise or technique, this automatically increases the risk of injury.

Here below some examples of how to adapt exercises:

Squat: If a trainee cannot perform a proper squat because of balance or mobility reasons, use squat wedges to elevate their heels or recommend them to wear weightlifting shoes.



Deadlift: If a trainee cannot perform a proper deadlift because of mobility issues, they can practice with a pvc bar or wearing weightlifting shoes.

Box Jumps: If a trainee cannot perform a jump to the box, we can use different plyo box highs to help them improve.

Roundhouse middle kick or high kick: When a trainee cannot perform a middle kick or high kick because of flexibility or mobility issues they can instead perform a roundhouse low kick.

Pull up: Some trainees are lacking the strength to pull themselves above the pullup bar. In that case they can use a box and jump above the pull up bar or perform negative pull ups (from the top position descending slowly skipping the pull)

Handstand push-up: You can adapt this movement to make it easier to perform by adding a mat/s below the head or perform a negative handstand push-up (from the top position descending slowly until touching the mat or the floor with the head without pushing upwards)

Running a Crossboxing class

Running a Crossboxing class is very easy as we also provide you the daily programming and you can decide which workout you would like to offer to your trainees.

Our workouts contain the following:

- Warm up: In the warm up we use exercises to prepare our muscles to perform a higher intensity exercise in the workout section.
- Technique, Cardio-Physical conditioning, drills or Strength: In this section we will propose you either a Martial Art technique to practice, a cardio – physical conditioning exercise, a martial art or crosstraining drill to develop your skills or a strength exercise to build muscle and power.
- Workout: This is the workout section that includes a combination of exercises by time or by rounds and repetitions.



How to adapt exercises

Teaching requires communication, observation and correction.

Trainees must correct trainees if needed to guarantee the quality of the movement and the correct progress of the trainees' skills.

We correct only when necessary and with the sole aim to improve your trainees' skills and technique.

Here below some examples of corrections:

Most common mistakes during the practice and corrections

Squat



MISTAKE

- Bringing the torso or upper body too much forward to compensate lack of balance lack of mobility or lack of strength.

CORRECTION

When balance is the main cause: Recommend the trainee to take a plate or weight to improve the balance.

When strength is the main cause: Recommend the trainee to use a rack or a band attached to the rack as a support to make it easier for them to lift themselves and still build muscle.

When mobility is the main cause: Recommend your trainee to use weightlifting shoes during the strength section.



MISTAKE

- Inability to maintain a straight back

CORRECTION

Inform the trainee to lift the chest up, bring the hips backwards before starting descending and maintain glutes engaged. The movement should start engaging the hips and not sitting down.



MISTAKE

- Knees are too much forward and there is no hip engagement backwards.

CORRECTION

Inform the trainee to bring the hips backwards before descending.

Deadlift



MISTAKE

- Bringing the torso or upper body too much forward and hips too high.

CORRECTION

Inform the trainee to lower the hips.



MISTAKE

- Arms are not straight

CORRECTION

Inform the trainee to extend completely the arms.



MISTAKE

- Back is not straight.

CORRECTION

Inform the trainee to lift the chest up and bring the hips backwards.

If using weights, inform the trainee to decrease the load to where the straight back can be maintained.



MISTAKE

- The barbell is not in contact with the legs.

CORRECTION

Inform the trainee to keep the barbell in contact with his/her legs during the movement practice.



MISTAKE

- Knees are too much forward and there is no hip engagement movement backwards.

CORRECTION

Inform the trainee to bring the hips backwards before descending.

Crossboxing Trainer Certificate License

Crossboxing Trainers' must agree to the [Trainer License Agreement](#)- Trainers must successfully complete and pass the score of our Crossboxing certificate course.

Once you have obtained your Crossboxing Trainer Certificate you will be able to:

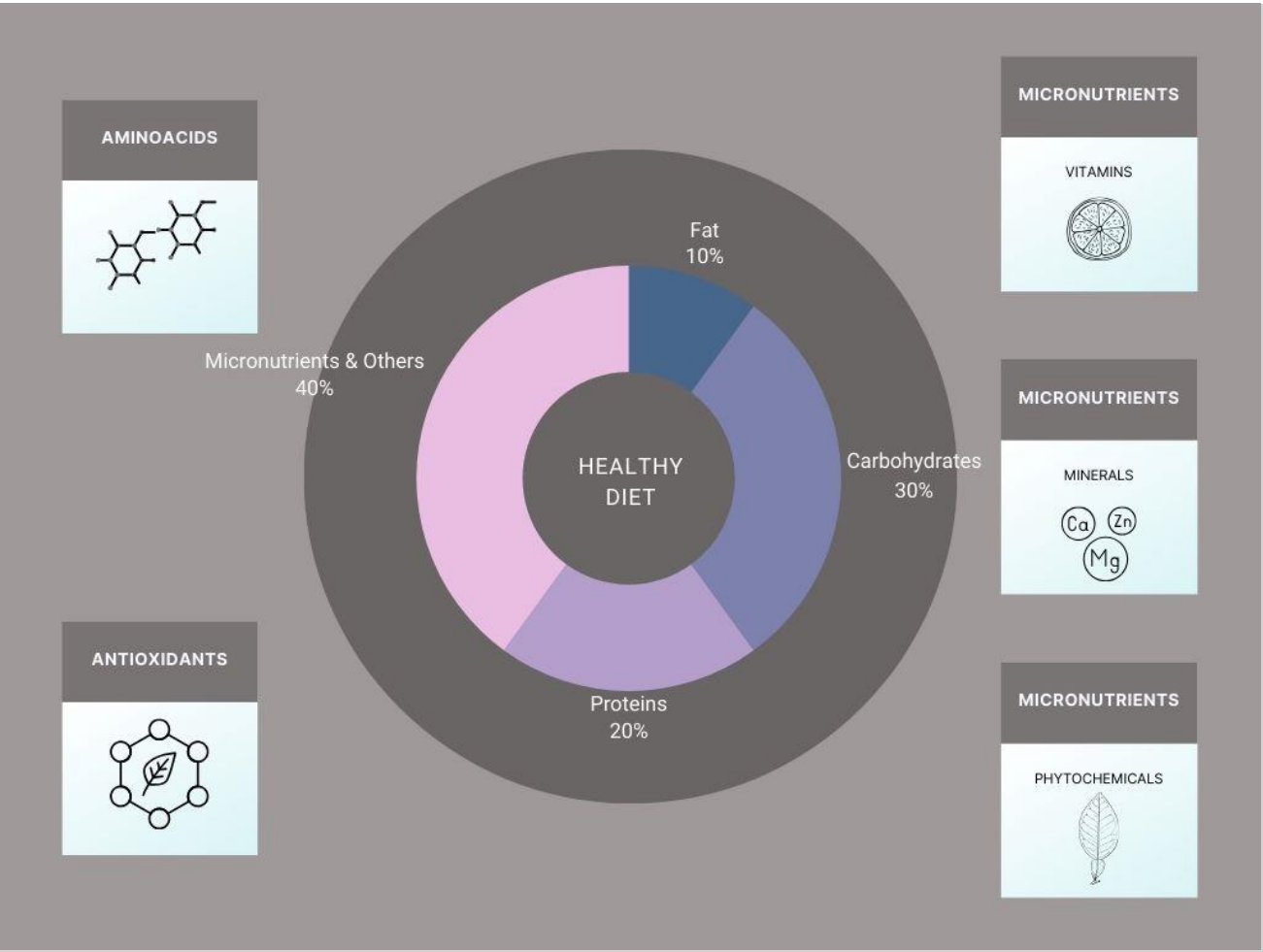
- Work as a Crossboxing Trainer at any of our affiliate centers. The Affiliate center must have a valid Crossboxing affiliation license.
- Offer Crossboxing at your own gym. You must have an Affiliation License and a person of your Team having pass the Crossboxing Trainer Certificate.

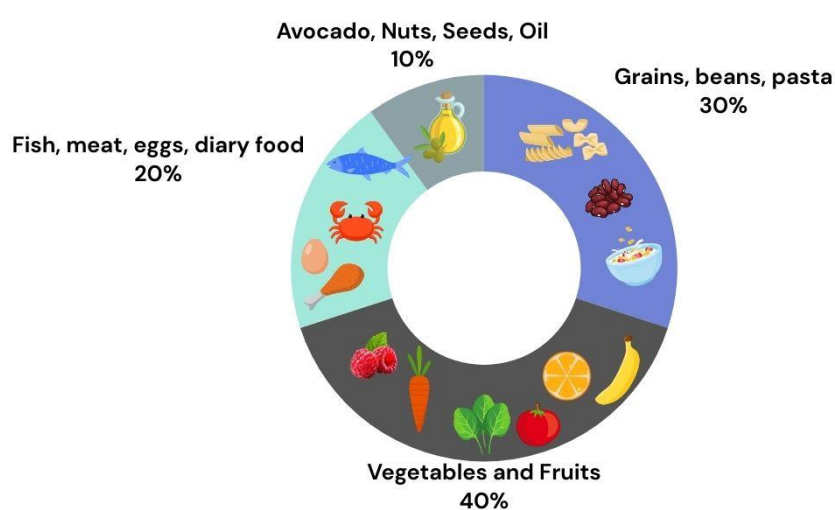
Our legal department will pursue any misuse of our Crossboxing brand name or unlicensed centers and trainers.

Nutrition

A healthy diet provides you with the enough energy and nutrients to meet the demands of training.

Eating healthy will also help you accomplish your training goals faster as it will enhance your performance.





We recommend to have a good balance of macronutrients and micronutrients intake.

Macronutrients come from proteins, carbohydrates and fats and these are essential to your body to generate energy.

Carbohydrates: As a source of energy, they break down into glucose. Carbs include rice, grains, pasta, fruits, beans, potatoes and bread.

We recommend to use healthy sources of carbohydrates like rice, potatoes or grains and bread gluten free. Gluten free pasta and gluten free bread are easier to digest.

Proteins: Proteins are fundamental in a healthy diet. They serve to build blocks of cells and organs and repair tissues, muscles and bones.

We recommend to use healthy sources of proteins like chicken, fish or seafood. Red meat has a major source of saturated fat but also essential nutrients like iron, zinc and vitamin B12. Therefore, we recommend to reduce the use of red meat.

If you follow a vegetarian or vegan diet there are other vegetable sources of protein like tofu, lentils, beans, quinoa or oats. Remember to make regular checks to make sure you are not missing iron, zinc or vitamin B12 or additionally add supplements for these minerals or vitamins. Supplements should not be a substitute of a healthy diet.

Micronutrients & Others: Micronutrients like vitamins, minerals or phytochemicals are also essential in a healthy diet.

You can find vitamins and minerals in vegetables and fruits.

Another great source of minerals are nuts and seeds like chia and almonds.

Phytochemicals are present in berries, lemon, onions and garlic, dark grapes and some other foods.

Amino acids are essential for vital processes such as building proteins, hormones and neurotransmitters. A great source of amino acids are meat, fish, eggs, soy, quinoa, nuts and soybeans.

Antioxidants are also very important in a healthy diet as they help counteract unstable molecules called free radicals that damage DNA and cells. Antioxidants help neutralize free radicals.

Some sources of antioxidants are berries, strawberries, broccoli, kale, beans, beetroot, spinach, ginger, turmeric and garlic.

Fat: Healthy fat containing food is also essential in a healthy diet at a reduced quantity.

Good fats come mainly from vegetables, olive oil, nuts, seeds and fish.

The above nutrition recommendations are general healthy recommendations. If you have allergies to any of the above-mentioned food avoid the ingestion.

Before starting any diet, we recommend you to contact a nutritionist.

The nutritionist will adapt the diet to your personal needs.

We recommend to avoid or reduce to the maximum the following unhealthy food:

- Bread, pasta and pizza containing gluten.
- Sugar (all forms of refined sugar)
- Sweets or candies
- Softdrinks
- Refined Oils (like vegetable and seed oils)
- Alcohol
- Ultraprocessed food
- Food colourings
- Food with preservatives.
- Flavour intensifier artificial additives

Nomenclature

AMRAP = as many repetitions as possible

WOT = Today's workout

EMOM = Every minute on the minute

SRJ = Simple rope jumps

DRJ = Double rope jumps

SOH = Shoulder overhead

MB = Medicine Ball

WS = Wall shoots

DL= Deadlift

(1) = Jab or punch same arm as leading leg.

(2) = Cross or punch same arm as rear leg.

(3) = Left hook

(4) = Right hook

(5) = Left uppercut

(6) = Right uppercut

(7) = Left bodyshot

(8) = Right bodyshot

CK = Check kick

R= Right, L= Left

Ad+ = Advance level

EL+ = Elite level

LK = Roundhouse low kick

MK = Roundhouse middle kick

HK = Roundhouse high kick

FK = Front kick

DB = Dumbbells

BB = Barbell

BT = Bar taps

T.MAX= Maximum time provided to finish the workout

SA = Single arm

SL = Single leg

KB = Kettlebell

SB = Slam ball

alt = alternating

GT2OH = Ground touch to overhead

Complex = Group of exercises

Combo = Combination of techniques

BAR = Barbell

SquatPress = 1 Squat + 1 Push Press

Caterpillar Complex = 1 Push-up + 1 Clean + 1 Push Press

Split Squat Burpee = 2 reverse jumping lunges into jumping squat into burpee

RSOS = repeat the same on the other side

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