

A Quick Footwork Workout

While the stuff in this video is easy enough to understand, actually implementing it in practice is another story. This workout will help you to make balanced movement second nature, while also building very important fight cardio in your legs.

Warm Up

2 Minutes Jump Rope

(if you don't have a rope, Shadow Box for 2 minutes)

For Rest:

- **30 Seconds** in an orthodox stance *trying* to float your front foot. (If it actually floats, your weight is too far back)
- **30 Seconds** in an southpaw stance trying to float your front foot.

2 Minutes Shadow Boxing

Try to pay attention to your weight and balance

For Rest:

- **30 Seconds** in an orthodox stance *trying* to float your front foot. (If it actually floats, your weight is too far back)
- **30 Seconds** in an southpaw stance trying to float your front foot.

Round 1.

1. **30 Reps** blasting Forwards in your stance (both feet step), planting *an active* replacement leg.
2. Immediately start **2 minutes** gliding Forward in your stance, nonstop. (Advanced guys do 3 full minutes)

Keep your thighs bent and keep distance between your feet while sliding forwards. Maintain conscious activity in your replacement leg. Don't be a wuss... let your muscles catch fire.

60 Seconds Rest to shake out your legs

Round 2.

1. **30 Reps** blasting Backwards in your stance, planting *an active* replacement leg (your front leg)
2. Immediately start 2 **minutes** gliding Backwards in your stance, nonstop (Advanced guys do 3 full minutes).
- 3.

60 Seconds Rest to shake out your legs

Round 3.

1. **30 Reps** blasting to the Right in your stance, planting *an active* replacement leg (your left leg).
2. Immediately start 2 **minutes** gliding to the Right in your stance, nonstop. (Advanced guys do 3 full minutes)

While moving sideways, most people tend to start bringing their feet WAYYY too close together. Do not let your feet get within 18 inches of each other and **keep your Front foot in the damn FRONT** (with your thighs bent).

60 Seconds Rest

Round 4.

1. **30 Reps** blasting to the Left in your stance, planting *an active* replacement leg (your right leg).
2. Immediately start 2 **minutes** gliding to the Left in your stance, nonstop. (Advanced guys do 3 full minutes)
- 3.

60 Seconds Rest

Round 5.

3 Minutes Shadow Boxing. Throw whatever combinations you like to throw with an extreme emphasis on your weight transfer, feeling balance and activity in both legs. Try to

move in every direction. Be creative! You need to be spontaneous in fights, and in your training.

60 Seconds Rest

Round 6.

3 Minutes Shadow Boxing - Push your pace in this round. You should be tired by the 2 minute mark, and then have to push through the third minute. **Be patient with yourself.** Combinations aren't just going to flow right off the bat, you have to work at this game a little bit!

Then you're done... go eat a banana and tell everyone how awesome I am.