



# THE BOX

## CAGE Cardio A+L Workout

This is a pyramid circuit so you start at the highest number of reps, go through all the exercises, then drop the # of reps and go through all of the exercises again until you're done.

Advanced = 6 / 4 / 2 reps

Super Advanced = 6 / 5 / 4 / 3 / 2 / 1 reps

Here's the workout:

## The Box A+L Workout

- 1 Headbanger Pullups
- 2 Box Jumps
- 3 Hanging Shins to Bar
- 4 Incline Clap Pushup

This is 1 set.

Follow the # of rounds and rest below.

## 2 Week Progression For 2 CAGE Cardio Workouts Per Week

Follow this progression on top of your regular strength training if you train MMA or martial arts recreationally or professionally at 2 or more days a week.

| Week # | Workout 1              | Workout 2              |
|--------|------------------------|------------------------|
| 1      | 1 rounds               | 2 rounds<br>3 min rest |
| 2      | 2 rounds<br>2 min rest | 3 rounds<br>2 min rest |

## 2 Week Progression For 3 CAGE Cardio Workouts Per Week

If you train MMA or martial arts once a week or not at all, follow the 3 workouts per week progression plan on top of your regular strength training.

| Week # | Workout 1              | Workout 2              | Workout 3              |
|--------|------------------------|------------------------|------------------------|
| 1      | 1 rounds<br>1 min rest | 2 rounds<br>3 min rest | 2 rounds<br>2 min rest |
| 2      | 3 rounds<br>3 min rest | 3 rounds<br>2 min rest | 2 rounds<br>1 min rest |

I've got a limited-time special offer going for the CAGE Cardio Bodyweight Fight

Deck right now where you get a discount and free shipping:

>> [Details on the CAGE Cardio Bodyweight Fight Deck Special Offer](#)