

Ree-Combat Assessment Track

Warm Up

Real Good Feeling / About To Get Crazy - 8:50

MUSIC		EXERCISE	REPS
0:01		Set front stance	
0:06	Intro 4x8	Pulse	
0:18	Tell you something 4x8	Shuffle, scissor	4
0:31	Gotta real good feeling 4x8	Jab Side 1	16
0:45	Gotta real good feeling 4x8	Jab/Cross Side 1	32
0:58	Instrumental 4x8	Uppercuts Side 1	16
1:14	I woke up feeling like 4x8	Hooks Side 1	16
1:27	Tell you something 4x8	Shuffle, scissor	4
1:40	Gotta real good feeling 4x8	Jab Side 2	16
1:54	Gotta real good feeling 4x8	Jab/Cross Side 2	32
2:08	Instrumental 4x8	Uppercuts Side 2	16
2:21	This place is jumpin 4x8	Hooks Side 2	16
2:36	Tell you something 4x8	Shuffle, scissor	4
2:48	Gotta real good feeling 4x8	Low/Mid block (side to side)	8
3:03	Gotta real good feeling 4x8	Jabs (side to side)	32
3:16	Gotta real good feeling 4x8	Jabs (side to side)	32
3:31	Instrumental 4x8	Uppercuts (side to side)	16
3:44	Soft instrumental 4x8	Scissor	32ct
3:58	Upbeat instrumental 4x8	Jumping Jacks	16
4:11	It's about to get crazy 4x8	Jumping Jacks	16
4:25	This is our house 4x8	Knee 3 steps Knee Preview round	8
4:39	Down, down, down 4x8	Knee 3 steps Knee	8
4:53	I think I should warn you 4x8	Front Kick Side 1 & Pulse	4
5:07	We're cranking up the 4x8	Back Kick Side 2 Constant	8
5:20	It's about to get crazy 4x8	Round House Set Up Side 1	4
5:34	This is our house 4x8	Round House Kick Side 1	4
5:48	Down, down, down 4x8	Knee 3 steps Knee	8
6:01	We'll make the whole 4x8	Front Kick Side 2 & Pulse	4
6:15	Woah woah woah 4x8	Back Kick Side 1 Constant	8
6:29	It's about to get crazy 4x8	Round House Set Up Side 2	4
6:43	This is our house 4x8	Round House Kick Side 2	4
6:57	Woah woah woah 4x8	Side Kick 3 steps Side Kick	8
7:10	Woah woah woah 4x8	Side Kick 3 steps Side Kick	8
7:24	Instrumental 4x8	Shuffle 2 Knees	4
7:38	It's about to get crazy 4x8	Shuffle 2 Round House Knees	4
7:51	This is our house 4x8	Front Kick Side 1, Back Kick Side 2	4
8:05	This is our house 4x8	Front Kick Side 2, Back Kick Side 1	4
8:19	Woah woah woah 4x8	Side Kick 3 steps Side Kick	8
8:33	Instrumental 4x8	Side Kick 3 steps Side Kick	8