



Kick Board™ Progression

4 Week Program



Monday	Wednesday	Friday
<p>Stance Setup Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p>Stance Setup Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - Drive-Catch™ Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p>Stance Setup Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - Drive-Catch™ Right Kickstand 25 Reps Left Kickstand 25 Reps</p>
<p>Stance Setup Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - Drive-Catch™/ Set A. Right Kickstand - Drive-Catch™ B. Right Kickstand - Set 25 Reps A. Left Kickstand - Drive-Catch™ B. Left Kickstand - Set 25 Reps</p>	<p>Stance Setup Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - Kickstand Band Hold Right Kickstand 5x20 Sec Hold Left Kickstand 5x20 Sec Hold</p>	<p>Stance Setup - Kickstand Band Hold Right Kickstand 1x20 Sec Hold Left Kickstand 1x20 Sec Hold</p> <p>Stance Setup - Drive-Catch™/ Band Right Kickstand 25 Reps Left Kickstand 25 Reps</p>
<p>Stance Setup - Drive-Catch™/ Band Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - Drive-Catch™/ Set A. Right Kickstand - Drive-Catch™ B. Right Kickstand - Set 5 Reps A. Left Kickstand - Drive-Catch™ B. Left Kickstand - Set 5 Reps</p> <p>Stance Setup - 2 Drive-Catch™ Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p>Stance Setup - Drive-Catch™/ Band Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - 2 Drive-Catch™ Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - 3 Drive-Catch™ Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p>Stance Setup - Drive-Catch™/ Band Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - 2 Drive-Catch™/ 2 Set A. Right Kickstand - 2 Drive-Catch™ B. Right Kickstand - 2 Set 25 Reps A. Left Kickstand - 2 Drive-Catch™ B. Left Kickstand - 2 Set 25 Reps</p> <p>Stance Setup - 3 Drive-Catch™/ 3 Set A. Right Kickstand - 3 Drive-Catch™ B. Right Kickstand - 3 Set 25 Reps A. Left Kickstand - 3 Drive-Catch™ B. Left Kickstand - 3 Set 25 Reps</p>
<p>Stance Setup - Drive-Catch™ Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - 2 Drive-Catch™ Right Kickstand 25 Reps Left Kickstand 25 Reps</p>	<p>Stance Setup - 2 Drive-Catch™ Right Kickstand 5 Reps Left Kickstand 5 Reps</p> <p>Stance Setup - 2 Drive-Catch™/ 2 Set A. Right Kickstand - 2 Drive-Catch™ B. Right Kickstand - 2 Set 25 Reps A. Left Kickstand - 2 Drive-Catch™ B. Left Kickstand - 2 Set 25 Reps</p>	<p>Stance Setup - 3 Drive-Catch™ Right Kickstand 25 Reps Left Kickstand 25 Reps</p> <p>Stance Setup - 3 Drive-Catch™/ 3 Set A. Right Kickstand - 3 Drive-Catch™ B. Right Kickstand - 3 Set 25 Reps A. Left Kickstand - 3 Drive-Catch™ B. Left Kickstand - 3 Set 25 Reps</p>