



## 4 Steps To A Body Of Steel – Thai Boxing

Unlike other workouts, the intensity level increases, not decreases, as you get further into his workout. Students do five "rounds" of four different exercises. Each succeeding round gets more difficult as you continue to push yourself. Phil encourages readers to adapt the regimen to their fitness level (so you may want to start out with three rounds).

### Round One

Jump rope in place for three minutes. Do 8 pushups, then move on to 8 sit-ups. Immediately follow up with 8 squats.

### Round Two

Jump rope for three minutes. Do 10 pushups. Move on to 10 sit-ups. Follow through with 10 squats.

### Round Three

Jump rope for three minutes. Do 12 pushups. Move on to 12 sit-ups. Follow through with 12 squats.

As your strength and stamina improve, increase your repetitions to 10, 20 and 30 or hike the number of rounds.