

# **30 DAYS TO HIGHER KICKS**



# **GMAU**

Global Martial Arts University

**We'll tell you exactly  
what you need to do  
in this simple plan.  
And it's FREE !!!**



12-Inch Front Lifts



12-Inch Side Lifts



Axe Kick



Belt Assisted Hamstring Stretch



Butterfly Stretch



Dresser Stretches - Down



Dresser Stretches - Side



Dresser Stretches - Up



Front Figure 8s, Leg Circles,  
Holds & Lifts



Front Stretch Kicks



High Roundhouse Kick



High Side Kick



Hip Twists



Hurdler's Stretch - Center



Hurdler's Stretch - Front



Hurdler's Stretch - Rear



Leg Hug Glute Stretch



Lunging Hip Stretch



Outside Crescent Kick



Seated Hamstring Stretch



Seated Quad Stretch



Seated Splits - Front



Seated Splits - Left



Seated Splits - Right



Side Figure 8s, Leg Circles,  
Holds, Lifts & Stretch Kick



Single Leg Seated  
Hamstring Stretch



Slow Front, Side & Round Kicks



Socket Stretch





Splits - Front



Splits - Left



Splits - Right



Squatting Hamstring Stretch



Squatting Splits - Front



Squatting Splits - Left



Squatting Splits - Right



Standing Hamstring Stretch



Standing Quad Stretch

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# 30 DAYS TO HIGHER KICKS CHALLENGE



DAY	STRETCH	DURATION / REPS	CHECK OFF
1	Socket stretch Lunging hip stretch Squatting Hamstring stretch Splits (front, left, right) front stretch kicks side stretch kicks front leg holds side leg holds	20 sec 20 sec 20 sec 20 sec 15 ea 15 ea 3 sets of 15 sec 3 sets of 15 sec	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	Seated quad stretch Hurdlers stretch (front, center, rear) Squatting splits (front, left, right) Splits (front, left, right) Front stretch kicks Side stretch kicks Slow front kick (w/o touching the ground between kicks) Slow side kick (w/o touching the ground between kicks)	20 20 20 20 15 15 3 sets of 10 (3 secs out, 3 sec back) 3 sets of 10 (3 secs out, 3 sec back)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	Socket stretch Lunging hip stretch Seated splits (front, left, right) Scoot legs farther apart - Seated splits (front, left, right) Front stretch kicks Side stretch kicks Front leg circles Side leg circles	20 20 30 30 15 15 3 sets of 10 3 sets of 10	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>
5	Hip twists Belt assisted hamstring stretch Seated splits (front, left, right) Axe kick High roundhouse kick Front figure 8s Side figure 8s Splits (front, left, right)	20 20 20 15 15 3 sets of 10 3 sets of 10 20	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<b>6</b>	Socket Stretch Lunging hip stretch Splits (front, left, right) Hip twists 12-inch front lifts 12-inch side lifts Front stretch kick Side stretch kick	20 20 20 20 3 sets of 10 3 sets of 10 15 15	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>7</b>	Seated hamstring stretch Leg hug glute stretch Hurdlers stretch (front, center, rear) Slow front kicks Slow side kicks Splits (front, left, right) Hip twists Outside crescent stretch kicks	20 20 20 3 sets of 10 3 sets of 10 20 20 15	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>8</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>
<b>9</b>	Dresser stretches (Up, Side, down) Standing Quad stretch Axe kick High roundhouse kick Front leg circles Side leg circles	20 20 20 20 15,15,10 15,15,10	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>10</b>	Socket stretch Lunging hip stretch Squatting hamstring stretch Squatting splits Splits (front, left, right) Front stretch kick Side stretch kick Splits (front, left, right)	20 20 20 20 20 30 30 20	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>11</b>	Hip twists Seated splits (front, left, right) Scoot legs farther apart - Seated splits (front, left, right) Front stretch kick Side stretch kick Front leg lifts Side leg lifts	20 30 30 10 10 3 sets to Exhaustion 3 sets to Exhaustion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

12	REST DAY	REST DAY	REST DAY
13	Socket stretch Lunging hip stretch Splits (front, left, right) Hip twist High roundhouse kicks Axe kick Front figure 8s Side figure 8s	20 20 30 20 20 20 3 sets of 10 3 sets of 10	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
14	Squatting splits Squatting hamstring Splits (front, left, right) Seated splits (front, left, right) Scoot legs farther apart - Seated splits (front, left, right) Butterfly Leg hug glute stretch Front stretch kick Side stretch kick	20 20 30 30 30 30 20 20 20	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
15	Standing Quad stretch Standing hamstring stretch Socket stretch Lunging hip stretch Splits (front, left, right) Hip twists 12-inch front lifts 12-inch side lifts	20 20 20 20 30 20 3 sets to Exhaustion 3 sets to Exhaustion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
16	REST DAY	REST DAY	REST DAY
17	Socket stretch Lunging hip stretch Seated hamstring stretch Seated splits (front, left, right) Front stretch kick Side stretch kick Slow front kicks Slow side kicks	20 20 30 20 15 15 3 sets of 10 (5 secs out, 5 sec back) 3 sets of 10 (5 secs out, 5 sec back)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<b>18</b>	Squatting hamstring stretch	20	<input type="checkbox"/>
	Seated quad stretch	20	<input type="checkbox"/>
	Hurdlers stretch (front, center, rear)	30	<input type="checkbox"/>
	Splits (front, left, right)	30	<input type="checkbox"/>
	Butterfly	20	<input type="checkbox"/>
	Seated splits (front, left, right)	30	<input type="checkbox"/>
	Scoot legs farther apart - Seated splits (front, left, right)	30	<input type="checkbox"/>
	Hip twist	20	<input type="checkbox"/>
	Axe kick	20	<input type="checkbox"/>
	High roundhouse kick	20	<input type="checkbox"/>
<b>19</b>	Dresser stretches (Up, Side, down)	20	<input type="checkbox"/>
	Outside crescent stretch kicks	15	<input type="checkbox"/>
	Slow front kicks	3 sets of 10 (5 secs out, 5 sec back)	<input type="checkbox"/>
	Slow side kicks	3 sets of 10 (5 secs out, 5 sec back)	<input type="checkbox"/>
	Front leg raises	3 sets to Exhaustion	<input type="checkbox"/>
	Side leg raises	3 sets to Exhaustion	<input type="checkbox"/>
<b>20</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>
<b>21</b>	Socket stretch	20	<input type="checkbox"/>
	Lunging hip stretch	20	<input type="checkbox"/>
	Standing hamstring stretch	20	<input type="checkbox"/>
	Squatting splits	20	<input type="checkbox"/>
	Splits (front, left, right)	30	<input type="checkbox"/>
	Front stretch kick	20	<input type="checkbox"/>
	Side stretch kick	20	<input type="checkbox"/>
	12-inch front lifts	20,15,10	<input type="checkbox"/>
	12-inch side lifts	20,15,10	<input type="checkbox"/>
<b>22</b>	Single leg seated hamstring stretch	20	<input type="checkbox"/>
	Leg hug glute stretch	20	<input type="checkbox"/>
	Seated quad stretch	20	<input type="checkbox"/>
	Hurdlers stretch (front, center, rear)	30	<input type="checkbox"/>
	Splits (front, left, right)	30	<input type="checkbox"/>
	High roundhouse	30	<input type="checkbox"/>
	High side kick	30	<input type="checkbox"/>
	Seated splits (front, left, right)	30	<input type="checkbox"/>

23	Standing Hamstring stretch Standing quad stretch Squatting splits Outside crescent stretch kick Slow front kick Slow Roundhouse Slow side kick Front leg lifts Side leg lifts	20 20 20 15 3 sets of 10 (5 secs out, 5 sec back) 3 sets of 10 (5 secs out, 5 sec back) 3 sets of 10 (5 secs out, 5 sec back) 3 sets to Exhaustion 3 sets to Exhaustion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
24	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>
25	Dresser stretches (Up, Side, down) Standing Quad stretch Axe kick High roundhouse kick Front leg circles Side leg circles	30 20 20 20 20,15,10 20,15,10	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
26	Squatting splits Squatting hamstring Splits (front, left, right) Seated splits (front, left, right) Scoot legs farther apart - Seated splits (front, left, right) Butterfly Leg hug glute stretch Front stretch kick Side stretch kick	20 20 30 30 30 20 20 30 30	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
27	Socket stretch Lunging hip stretch Seated hamstring Splits (front, left, right) Hip twists Axe kick High Side kick 12-inch front lifts 12-inch side lifts	20 20 20 30 20 20 20 4 sets to Exhaustion 4 sets to Exhaustion	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



28	REST DAY	REST DAY	REST DAY
29	Dresser stretches (Up, Side, down) Standing Quad stretch Seated splits (front, left, right) Butterfly Front stretch kick Side stretch kick Front figure 8s Side figure 8s	30 20 30 20 20 20 3 sets of 15 3 sets of 15	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
30	Socket stretch Lunging hip stretch Squatting hamstring stretch Splits (front, left, right) High Roundhouse kick High side kick Seated splits (front, left, right) Butterfly	20 20 20 30 40 40 30 30	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>GO KICK HIGHER !!!</b>	<b>GO KICK HIGHER !!!</b>	<b>GO KICK HIGHER !!!</b>	<b>GO KICK HIGHER !!!</b>