



Welcome to the Milford Moves Training Program



WEEK 9!

Please be sure to post your thoughts/results/achievements in the Facebook Milford Moves Training 5K program page!

Today is all about Self-Defense and Kick Boxing!

I am pleased to welcome my good friend Adam Wall to join us and teach us a few things about kickboxing moves and some self defense techniques.

Did you know:

9 out of 10 Sexual Assault Victims are women

Adam has 30 years in Martial Arts. He is the head striking coach at the #1 ranked and biggest MMA gym in the state and is the asst coach for one of CT's MMA teams.

He is a former Pro fighter and contract body guard!

SELF DEFENSE IN VIOLENCE AGAINST WOMEN

EVERYDAY **FOUR** WOMEN ARE KILLED BY THEIR ABUSIVE PARTNERS

25% OF GIRLS WILL BE SEXUALLY ASSAULTED BY THE AGE OF **EIGHTEEN**

A WOMAN IS RAPED EVERY **46 SECONDS** IN AMERICA THAT IS **78** RAPES EACH HOUR

WOMEN AGES **20-24** ARE AT GREATEST RISK OF **NONFATAL DOMESTIC VIOLENCE**

ATTACKERS GET DISCOURAGED IF YOU PUT UP A FIGHT BECAUSE IT ONLY TAKES A MINUTE OR TWO FOR THEM TO REALIZE **GOING AFTER YOU ISN'T WORTH IT**. THESE MEN SAID THEY WILL NOT PICK ON WOMEN CARRYING UMBRELLAS OR SIMILAR OBJECTS THAT CAN BE USED AT A DISTANCE. SO, THE IDEA IS TO CONVINCE THEM YOU'RE NOT WORTH IT! **DON'T BE A VICTIM. GET EMPOWERED!**

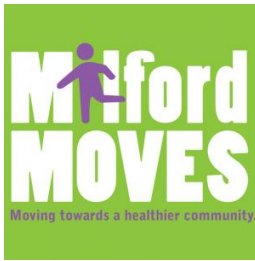
WOMEN'Sbook®
www.thebook.com

www.kalzenbj.com/women?id=74

DON'T FORGET TO WEIGH IN IF YOU WANT TO KEEP TRACK WEEK TO WEEK!

Please feel free to contact me ANYTIME I can be of assistance:

Devon Taylor, cell: 203-499-7168 email: info@devontaylor.net



Week NINE

At home workout



**If you are more advanced than a beginner,
contact me separately for a more advanced at-home program*

Sunday

5 Minute walking warmup
Then jog 1.5 mile straight
Walk 5 min as needed
Jog another 1.5 mile straight
Total of 45-60 minutes

Monday

5 Minute walking warmup
Then jog 1.5 mile straight
Walk 5 min as needed
Jog another 1.5 mile straight
Total of 45-60 minutes

Tuesday –

OFF! Enjoy

Wednesday

Tabata Workout

20 seconds on / 10 seconds off

- 1. Mt. Climbers**
- 2. Jumping Jacks**
- 3. Air Squats / Jump Squats**
- 4. Push ups**
- 5. Bicycle Crunches**
- 6. Supermans**

- 7. Thrusters**
- 8. Star Jumps**

Thursday

5 Minute walking warmup
Then jog 1.5 miles straight
Walk 5 min as needed
Jog another 1.5 miles straight
Total of 35-40 minutes

Friday

5 minute walking warmup
Run 2.5 miles straight – approx. 45 minutes