

BOOT CAMP PRO WORKOUTS



Focus: *Boxing*

Equipment: *Cones, boxing gloves & pads.*

Set up: *As per diagram.*

Warm-up: 2 cones 15 metres apart – Start at first cone, jog to second cone, do 2 Push ups – Jog back to starting point – repeat for 2 mins, and randomly call out **Power Jacks** (your choice of reps). After 2 minutes repeat sequence but substitute 2 **Jump Squats** instead of Push ups.

Exercise One: *Cardio Pairs Work*

Use set up of 2 lines of cones about 15 metres apart.

Pad Holders to do Shuttle runs while Boxers are Lunging:

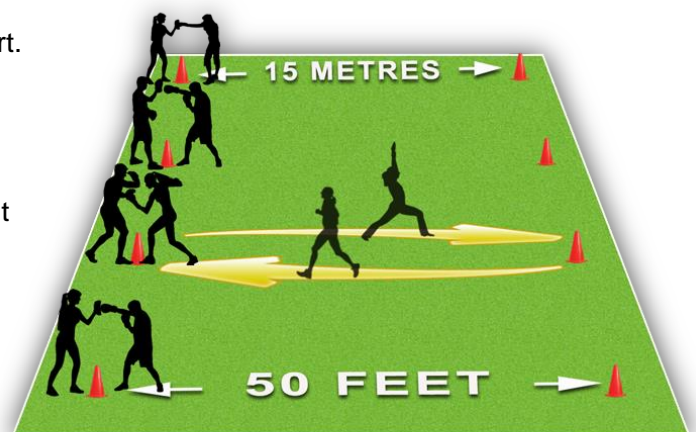
40 Jabs – 20 Alt Lunges, arms up overhead & sprint return

30 Hooks – 15 Lunges, arms up overhead & sprint return

20 Upper Cuts – 10 Lunges, arms up overhead & sprint return

50 High Jabs – 25 Lunges (no arms), walk back

Partners change over and repeat.



Exercise Two: *Cardio Round 2* (Pad Holders to do partner squat hold with next Pad holder whilst boxers do following exercises)

40 **Boxing Progressive Lunge Kicks** 20 each leg – **Side Shuffle** to cones – 20 **Jump Squats** – Run Back 30 Kicks 15 each leg – **Side shuffle** to cones – 15 **Jump Squats** – Run Back

20 Kicks 10 each leg – **Side Shuffle** 10 **Jump Squats** – Run Back

10 Kicks 5 each leg – **Side Shuffle** 5 **Jump Squats** – Run Back

C/over

Exercise Three: Pad Holders to do straight leg **Tricep Dips**.

40 **Boxing High Knees** 20 each leg – Sprint and do 20 **Split Jump Lunges**

30 **Boxing High Knees** 15 each leg – Sprint and do 15 **Split Jump Lunges**

20 **Boxing High Knees** 15 each leg – Sprint and do 10 **Split Jump Lunges**

10 **Boxing High Knees** 15 each leg – Sprint and do 5 **Split Jump Lunges**



Exercise four: Boxers lay down on towel facing Pad Holders while holding 45 degree angle to engage abs.

Jabs out Front 30 seconds

Boxing Oblique Hooks (Pad Holder behind) wide, 30 seconds.

Boxing Sit-up Jab Combo - Progressive Jabs starting with sit up Jab 1,2, Left side - return to 45 degree angle and proceed to other side go up to 20 each side

Repeat with Hooks wide but start from 20 Jabs down to 2

Change over

Exercise five: (if time permits)

Wall of Fire

Set Pad holders up in a line spaced out at least 2 metres apart.

Boxers start at first station to complete jabs and then move along the Pad Holders in turn until they reach the end at which point they run back to the start and go again. If odd number of campers have Pad Holder with no one at their station do **Burpees**. Boxers start by doing 100 jabs going down in 20's at each station as they move along. For variation can change exercises from jabs to Hooks, Upper cuts etc.

Change over

Recover and Stretch