

BOOT CAMP PRO WORKOUTS



FOCUS: Boxing Big Leg Focus

EQUIP: Cones, Gloves and Pads

SET UP See diagram

WARM-UP: Light Boxing

1min Fast Jabs – Sprint to other end 30 sec – Star Jumps/Pad Holders Fast Squats

1 min Fast Jabs – Sprint – Pushups 30 seconds/ Pad Holders **Fast Feet** C/over

2nd round 1 min Uppercuts – Sprint – **Burpees**/ Pad holders **Hop Jumps**

1 min Uppercuts – Sprint – Touch Jumps (High 5 to Sky) /Pad holders **High knees**

C/over

EXERCISE ONE: Speed/Power Round Set up 2 cones at either end

4 Left Jabs – LRLR Jabs repeat combo – continue for 1min with Boxer moving Backwards towards far cone , at cone Boxer turns around and push's Pad Holder back LR Power Jab all the way back to start cone and sprint back to far cone and back to start. (Pad Holder Jump Jacks while Boxers sprinting)

4 Left Jabs – LRLR Hooks 1 min – Kick out forward push high using core into Pads (foot flat) Pad holder moves back to cone and both sprint back (this move doesn't need to be hard just high front push the core does the work if kept high) **10 Pushups** when back to start (Pad holders Squat Hold)

4 Left Jabs – LRLR Uppercuts 1 min – Running **high knees** forward knees hitting into pads (Pads to be held at waist height – **10 Pushups**

Alt Kicks out front (toes face down) back to start **20 Full Sit Ups together**

C/over Pad Holder to do Left side then Boxer back to Right side

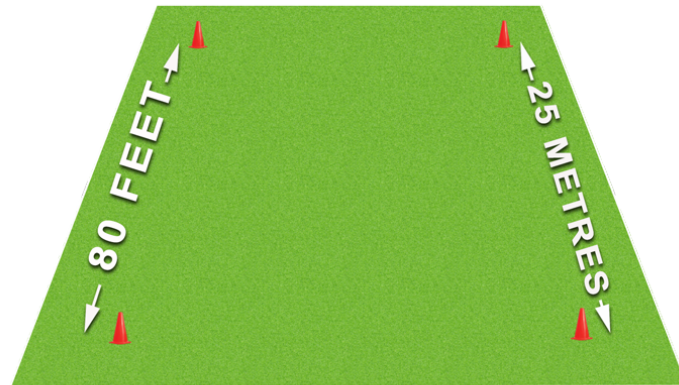
Repeat sequence with right side

4 Right Jabs – RLRL Jabs continue for 1min

Push RL all the way up to cone and drop and both Pad Holders and Boxers do **20 Pushups** – Sprint back

4 Right Jabs – RLRL Hooks 1 minute – skipping High Knees touching lightly knees into pads (pads are at waist height) use core for high skips all the way back to start – Drop and do **20 Full Sit Ups**

Kicks out forward up to cone – **20 Jump Squat** Punch (Deep squat the double Jab into Pad)





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4 Right Uppercut s – RLRL Uppercuts – Running High Knees into pads – **20 Pushups**

Alt Kicks out front (toes face down) back to start **20 Full Sit Ups**

C/over

EXERCISE TWO: *Cardio*

50 Hooks – Sprint both together to cone 50 Uppercuts

40 Hooks – Sprint to cone 40 Uppercuts

Continue down to 10

C/over

EXERCISE THREE: *Ab's*

Boxer – lying on floor – Pad Holder kneeling at feet of Boxer

Boxer – 1 Sit up – 2 Straight Jabs – 1 sit up – 4 Straight Jabs etc. up to 10 and back down – continue for 1 minute repeat but with Pad Holder holding hands wide so Boxers have to use oblique's – 1minute

Finish with **V Sit** position core engaged and Jab for 90 seconds

RECOVER AND STRETCH