



Focus: *Boxing with Cardio*

EQUIP: *Cones, DB's, Timer & Large Area*

Set up is simply 4 cones 15 metres apart. Both Pad holders and Boxers jog together.

Warm-up: *Light Jabs – Easy Jog*

10 Straight Punch – Jog to cone – 20 Jabs – Jog back to start 30 Jabs etc. – Up to 40 Jabs and back down to 10. Continue for 3 minutes Pad Holders stay with Boxers at all times.

Exercise one: *Combination round – set up – 4 cones 15 apart*

Left, Right, Left, Upper, Upper, Left – Run To 1st Cone – Repeat Combo – Run To 2nd Cone – Etc. To Last Cone/ fourth cone – From Last Cone Repeat Combo but start with Right, Left, Right, Upper, Upper, Right, run back To 3rd Cone and so on to 1st Cone. Repeat for 3 minutes

Exercise two: *Power round (Wall of Fire) – Boxers and Pad Holders in straight line – emphasize power*

10 seconds Straight Jabs – 10 seconds Low Squat Hold (Boxers & Pad Holders both hold the squat position for 10 seconds) – move to next Pad Holder and repeat – continue for 1 minute

10 seconds Upper Cuts – 10 seconds Squat Hold – move to next Pad Holder – continue for 1 minute

10 seconds High Jabs – 10 seconds **Jump** Squat (Boxers & Pad Holders both do the Jump Squats for 10 seconds) – move to next Pad Holder – continue for 1 minute.

Exercise three: *Speed Round*

10 second Speed Jabs Straight – 10 second **Boxing Shuffle Jab** (Jabs while completing alternating leg shuffles, like a fast alternating lunge jump but keep movements small) – move to next Pad Holder and repeat – continue for 1 minute

10 seconds Upper Cuts – 10 seconds **Boxing High Knees** on the spot – move to next Pad Holder

10 seconds High Jabs – 10 seconds **Scottie Dogs** – move to next Pad Holder and continue for 1 minute.

Exercise four: *Cardio round 1: set up – 1 cone 20 metres away both sides i.e. 20 metres from boxer and other direction from pad holder*

10 Straight Jabs – run to cone – 2 Push Up's – run back

20 Straight Jabs – run to cone – 4 Push Up's – run back

And so on up to 40 punches and 8 Push ups – repeat 40 and back down to 10 Jabs and 2 Push ups – **continue for 3 minutes** (or longer if necessary - until last couple have 10 Jabs and 2 Push ups.

Cardio round 2: *Set up 4 cones (1st cone start position) 20 meters apart in both directions (i.e. for pad holder too)*



Speed Jabs – 25 Straight/25 Upper Cuts / 25 High Jabs run to 1st cone – back to start cone – repeat 2nd time with 50 Jabs 50 Uppers and 50 High and run to 1st cone – repeat with 75 each exercise and c/over

Exercise five: *Abs' – Boxing Sit up Jab Combo Boxer lying on floor – Pad Holder kneeling at feet of 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 obliques – 1 minute

Boxer Overhead Jabs – Boxers kneel on ground – Pad Holders stand behind holding mitts at waist level – Boxers punch up keeping elbows in – knuckles facing each other – full range of movement punching up towards pads and back down to start position – alternate arms – continue for 1 minute

Recover and Stretch