



**FOCUS:** Boxing Cardio With line drills

**EQUIP:** Cones

**WARM-UP:**

2 Cross Jabs and defend up to 10 (1, 2 abs tight hands up to face & pause) then 4 Cross jabs - 20, 6 Cross jabs – 30, 8 Cross jabs – 40 C/over 2<sup>nd</sup> round High Jabs same as above

**EXERCISE ONE:**

10 Jabs – 10 Split Jump Lunge – 10 Sit Up Punches with Pad holder over top and behind Boxer is lying on floor and double punching into pads Repeat with 15 Jabs – 15 Split Jump Lunge – 15 Sit up Punches and then 20 & 30 C/over

**EXERCISE TWO:**

Line Drill 10 sec Jabs – 5 sec Jump Jacks x 5 rounds  
C/over 2<sup>nd</sup> round 15 sec High Jabs – 10 sec Burpees x 5  
C/over 3<sup>rd</sup> round 10 sec wide & High Upper cuts – 10 sec Deep Squats x5

**EXERCISE TWO:**

*Cardio* (use above cone run)

10 sec Straight Jabs / 10 sec M/Climbers /10 sec High Knees to pads – 1 run to cone  
10 sec Uppers / 10 sec Hooks / M/Climbers / 10 sec high knees to pads – 2 runs to cone  
10 sec High / 10 sec In and Out's double leg Jump in's / M/Climbers / 10 sec High Knees to pads – 3 runs to cone

**EXERCISE THREE:**

Finish with line drill but do 10 sec Left Kick – 10 sec High Knees into pads x 5 C/over 2<sup>nd</sup> set 10 sec R Kick – 10sec Push ups x 5 rounds

**EXERCISE FOUR:**

Call out number of Jabs in a line all together 25,6, 50 ,14 etc. go for 3 minutes twice during drill make them run to point and back.

**RECOVER AND STRETCH**