

# BOOT CAMP PRO WORKOUTS



**Focus:** *Boxing*

**EQUIP:** *Cones, gloves, pads, Timer, 10-15 metre rope & Large Area*

**Warm up:**

## **Boxing Cardio Moving Line Warm up Drill**

Line of boxers standing in front of line of pad holders.

10 Cross Jabs then change to next pad holder in line (End boxer runs back to beginning of line).

9,8,7,6,5,4,3,2.

Hooks 10,9,8,7,6,5,4,3,2

And Uppercuts 10,9,8,7,6,5,4,3,2

Pad holders and boxers change positions.

**Exercise one:** Same line set up but add a line of cones behind boxers to run back to. (decreasing reps)

Boxers do 21 reps **Squat Jump** Punches and run back to cone and do 21 seconds of sit ups lying on back.

Repeat 18 reps of Star Jump Punch run back to cone and do 18 sit ups

15 reps of **Squat Jump** Punch and 15 sit ups

12 reps of Star Jump Punch and 12 sit ups

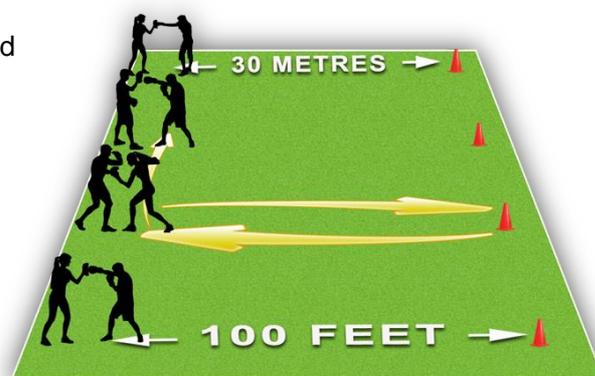
9 reps of **Squat Jump** Punch and 9 sit ups

6 reps of Star Jump Punch and 6 sit ups

3 reps of **Squat Jump** Punch and 3 sit ups

Pad holders do Lunge Kicks changes legs each time their boxer runs to cone.

Pad holders and boxers change positions.



**Exercise two:** *Rope Work (tie a 10-15 metre length of rope just below head height for Boxers to move in a follow-the-leader fashion).*

*Warm up with all participants in one line walking and squatting under length of rope weaving from side to side under rope. Add in punching on either side as they come up from squat.*



Main drill:

Start with line of boxers and pad holders facing each other on either side of the rope positioned down the centre. All working in the same direction going along rope 2 seconds in between each Boxer - doing Jab Jab, and Side Shuffle for 2 counts all the way along and then uppercuts x2 and Side Shuffle. (Once pair get to end have them run back to front of rope and start again).

Continue with the below exercises.

LR shuffle for 2, LRLR shuffle for 4, LR, Shuffle 2 , then 4 ,all the way to the end, and run back around.

L Jab only x 4 Side Squat x 2 run around

R Jab only x 4 Side Squat x 2 run around

Pad holders and boxers change positions/equipment.

### **Exercise three:**

All participants:

Squat Hover 1 minute

Skip for 1 minute

Stairs jump 1 minute

Repeat

### **Recover and Stretch**