



BOOT CAMP PRO WORKOUTS

FOCUS: *Boxing*

Cardio ★★☆☆☆ **Strength** ★★★★★

EQUIP: *Cones, Timer, Gloves & Pads*

SET UP:

WARM-UP: *10 minutes*

Have Campers throw all their gear Gloves, Pads, white inner gloves etc. in the middle of large space. Have everyone lightly jog around and randomly call out Campers to run to the centre and retrieve Gloves, Pads, inners etc. until everyone is Padded up.

EXERCISE ONE: *Cardio Boxing – High/Lows 1 minute intervals*

Partner Up (boxer with pad holder)

Set 1.

Boxing Advanced Shuffle Jabs (High)

Boxing Shuffle Jabs (Low)

Boxing High Knees (High)

Boxing Touch Downs (Alternate Jab Leanout) (Low)

2 Hooks followed by 2 Uppercuts (High)

Repeat then Change over

Set 2. *High/Lows 1 minute intervals*

Boxing Progressive Lunge Kick (Low)

Boxing Step High Knees (High)

Boxing Sit Up Jab Combo (Low)

Up High Jabs (High)

Repeat and Change over

Set 3. *Punch Crunch and Push - These rounds are not timed.*

2 Jabs (Jab, Jab and Hook) then shove the Pad Holder backwards.

Repeat with 4 Jabs, 4 Hooks, and Push etc. up to 10 and then back down to 2.

Change over



Set 4. *Punch, Crunch and Push up*

Perform the same combo as above but instead of the push do a Push up.

2 Jabs (Jab, Jab and Hook) then both Boxer and Pad Holder complete a Push up.

Repeat with 4 punches (and 4 Push ups), then 6, 8, 10 and then back down to 2.

Change over

EXERCISE TWO:

Assemble Campers in a circle, have every 3rd Camper call out a punch they like. Everyone then completes that punch for 100 reps. Continue around the circle until you run out of time or Campers.

RECOVER AND STRETCH