



BOOTCAMP PRO WORKOUTS

FOCUS: *Boxing*

Cardio ★★☆☆☆ **Strength** ★★★★★

EQUIP: *Cones, Timer, Gloves & Pads*

SET UP:

WARM-UP: 10 min

Cover the 6 basic Boxing Punches (Jab, Cross, Left Hook, Right Hook, Left Uppercut, Right Uppercut) then progress into a few little combos for 3 minutes for example:

Jab, Cross, Left Uppercut, Right Uppercut
Jab, Cross, Duck, Right Uppercut

After this let the Pad Holders call the combinations for a further 2 minutes before swapping over.

On swap over simply let Pad Holder call the combo's for 3 minutes – no need to go over the combinations again.

EXERCISE ONE: *Cardio Boxing – each set lasts for 30 seconds; Boxer completes all 5 drills before changing over.*

SET 1.

1. Jabs (30 seconds)
2. J, Cross (30 seconds)
3. J,J, Cross (30 seconds)
4. J,J, Cross, Hook (30 seconds)
5. J,J Cross, Hook, Upper Cut (30 seconds)

Finish with 100 straight punches

Change over

SET 2.

- 50 Uppercuts (30 seconds)
- 50 Straight Punches (30 seconds)
- 50 Seated Upwards Punches (30 seconds)
- 50 **Boxing Oblique Hooks** (30 seconds)

Finish with 100 **Shuffle Jabs**

Change over



SET 3.

Ab Roll Up and 50 Straight Jabs – 2 mins

Change over

EXERCISE TWO: *Abdominal Challenge Gloves and Pads off, ensuring good technique and keep everyone together – don't start next exercise until all done.*

- 10 **Pop Ups**
 - 20 **Full Sit Ups**
 - 30 **Knee Up/Downs**
 - 40 **Jump In's**
 - 50 **Half Sit Ups**
 - 60 **In and Outs on Ground**
 - 70 **Gut Busters**
 - 80 **Flutter Kicks** (keeping legs low)
 - 90 **High Knees**
 - 100 Side to Side Jumps (Keep Ab's tight)
- DONE!

RECOVER AND STRETCH