

BOOT CAMP PRO WORKOUTS



Focus: Boxing

Cardio ★★★★★ Strength ★★★★★

Equipment: Cones, Timer, Boxing Gear (Gloves and pads).

Set up: 2 groups opposite (see diagram).

Warm-up: Partner Up, Stay on the spot

10 Straight Jabs – 5 Quick **Pulsing Squats**

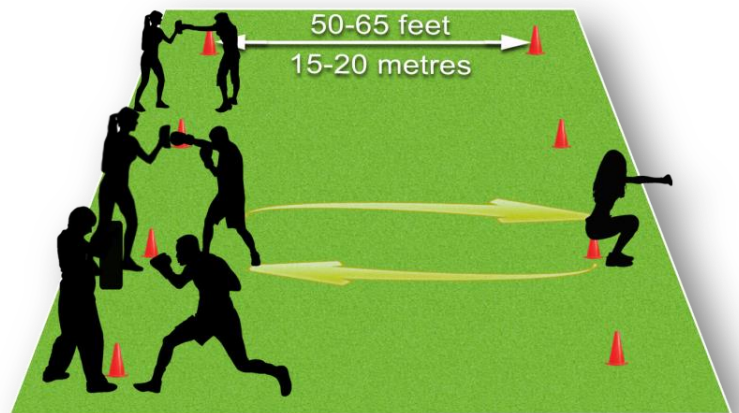
20 Straight Jabs – 10 Squats

30 Straight Jabs – 15 Squats

40 Straight Jabs – 10 Squats

50 Straight Jabs – 5 Deep Squats

Partner change over



Exercise one: Cardio set (see diagram above). Change over partners after complete set.

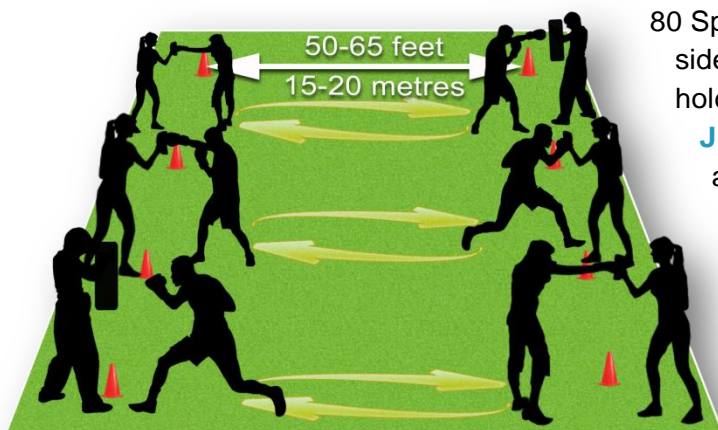
Start each set with 2 Quick Jabs (eg: Quick Jab 1,2 pause, then Jab 1,2,3,4 pause, then 1,2 pause, etc.)

2 Quick Jabs – 4 Jabs, 2 – 6 Jabs, 2 – 8 up to 10 Straight Jabs – boxer run (to cone) – 1 **Burpee** at cone followed by 10 **Squat Thrusts** and run back. Pad holder does **High Knees** while waiting.

Start this set with 10 Quick Jabs - do 12 Jabs – 10 Quick Jabs – do 14 Jabs – do 10 Quick Jabs – do 16 Jabs – etc increasing in 2's up to 20 Jabs with 10 in between each time – boxer run to cone – 2 **Burpees** – 20 **Squat Thrusts** and run back. Pad holder does **Half Jacks** while waiting.

Finish with 100 Jabs – boxer run to cone – 3 **Burpees** – 30 **Squat Thrusts**. Pad holder does **Fast Feet** while waiting.

Exercise two: Have 2 groups in two lines facing each other. Boxers will swap between both lines. Ensure distance is at least 15 metres apart as per diagram.



80 Speed Jabs – 40 Power Jabs – Boxers run across to other side to new Pad Holder, do 40 Power Jabs – 80 Speed (Pad holders to do **Burpees**, Mountain Climbers or **Squat Jumps** while waiting). Boxers run back to original partner and repeat sequence but dropping reps each time. (60 Speed Jabs – 30 Power) – (30 Power – 60 Speed) and do 3 runs. (40 Speed – 20 Power) – (20 Power – 40 Speed) – 3 runs.

(20 Speed – 10 Power) – (10 Power – 20 Speed) – 3 runs.

Wall of fire (Keep everyone on opposite sides with their original group and partner; always have them moving to the right. Starting with 10 Low Power Jabs

(Pads face up) and then 20 hooks all the way along. Change over

Exercise Three: Core Focus. Set up as above

Start with 40 Power Jabs – Then drop to a kneeling position with Pad Holders behind Punching up overhead for 80 Speed Jabs – Sprint to other group repeat with 30 Jabs then drop for 60 high and finish with 20 Jabs – 40 overhead. (Pad holders do **Side Lunges**) Change over.



Exercise FOUR: *Partner Sprints*

Boxers and Pad Holders Start at opposite cones – Meet at middle cone

Boxers sprint to start position (Hands on ground), on call sprint to Middle and punch until instructor shouts “Stop”, Boxers and Pad holders run back to original cone and resume sprint position repeat as many times as you desire!

Exercise FIVE: *Pads Off. Line up. Place cone 15 metres from line.*

20 sec **Push-ups** – Jump up 10 sec rest repeat x 4 – run to other – 20 sec **Close Grip Push-ups** – Jump up rest 10 sec repeat x4

Recover and Stretch