

BOOT CAMP PRO WORKOUTS



FOCUS: Boxing

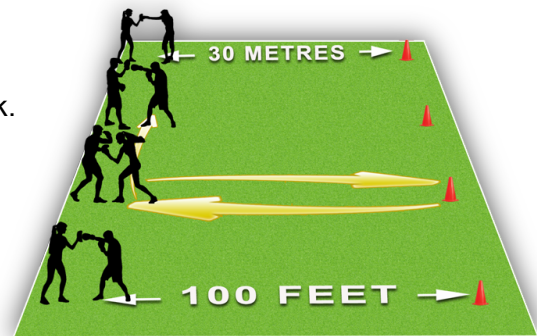
EQUIP: Cones, Timer, gloves, pads and Large space for Shuttle runs

SET UP: Set up 2 cones 30 meters apart

WARM-UP:

10 Straight Jabs, 10 Hooks, 10 Upper Cuts, 10 Punch downs (Pads up), 5 Push ups – Run to cones and back. repeat x5

C/over



EXERCISE ONE: Power Round

Set 1.

10 Cross Power Punches (slow & controlled) – 20 Fast cross Jabs – 10 Slow Cross Power Punches

Sprint back to cones, **High Knees** 10 seconds x3. Pad holders do Sit ups.

20 Slow Cross Jab – 30 fast Jabs – 20 slow run – 20 sec **High Knees** x2

10 Cross Jab Power slow – 20 fast Cross Jab – 10 slow Cross Jab x1

Sprint back to cones, **High Knees** 15 seconds x3. Pad Holders to complete **Jumping Jack Front Kicks Alternating Legs.**

All down and Push ups 30 seconds before Changing over

Set 2.

10 Wide Slow Hooks – 20 fast Hooks – 10 Slow Hooks – Lunge back to cone hands up in front of body at least to chest height – sprint back 15 seconds **Split Jump Lunge** x3

20 Wide Slow Hooks – 30 Fast Hooks – 20 Slow Hooks – Lunge back to cone hands up in front sprint back 10 seconds **Split Jump Lunge** x2

10 Wide Slow Hooks – 20 Fast Hooks – 10 Slow Lunge back to cone hands up in front sprint back 10 seconds **Split Jump Lunge** x1

Everyone sit ups 30 seconds before Changing Over

Set 3.

10 Slow High Upper Cut – 20 **Traveling Jump Squat** Forward (1st time slow and deep) – 20 Fast **Switch Foot** on Ground – 20 Upper Cut – 40 **Switch Foot** (fast small jumps) – 20 Fast Upper Cuts.

Finish with sprints, gloves off everyone down Push up position and sprint 10 seconds and down and repeat. Everyone must start in Push up position jumping straight into sprint.

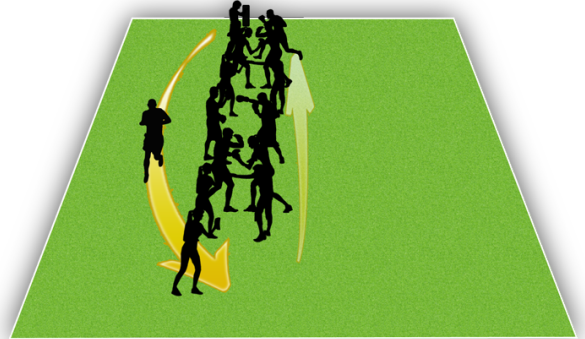
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EXERCISE TWO: Line Drills

All Campers pair up in a line spaced about a meter apart 25 sec working at each station (Pad Holder Station) like the Wall of Fire. No break until every exercise complete. Each Pad Holder has a different exercise allocated them, have them remember their exercise and call it out to the Boxers so they know what to do. If there are more than 16 Campers double up on exercises or add some more.

After 1st exercise Boxers shuffle across to their right moving on to the next Pad Holder who is doing a different exercise. The Boxer that was on that station shuffles to their right and so on for 8 full 25 sec rounds. After 8 rounds when everyone is back to original station change over. Keep moving to the right continue along the line until all stations have been completed and the end Boxer runs back to start.



Pad Holders Exercises

1. Double time jabs 25 sec
2. **Jump Squat** Punch 25 sec
3. Hooks 25sec
4. Touch downs 25 sec
5. U/cuts Wide 25 sec
6. Shuffle punch double shoulder height arms 25 sec C/over
7. Overhead Double punch 25 sec
8. **Boxing high Knees** into pads 25 sec
C/over

EXERCISE THREE: Ab's set

Tabatas 20 sec 1, 2, jab in circle then **Boxing High Knees into pads** Boxers hands on Pad Holders shoulders 10 sec and repeat with 1, 2, 3 Jabs – 20 seconds – 20 sec **Jump Squat** Double Punch finishing in a Push up. Go for 2 minutes

RECOVER AND STRETCH