



FOCUS: *Boxing*

EQUIP: *Cones and large area or oval*

WARM-UP:

Have a distance of approx. 60mtrs marked out with cones. Campers line up facing forward.

Continue running and touching for 2min, then rest.

2min – run forward touch ground once, run backwards to start touch ground once. Rest

2min – run forward touch ground twice (touch, reach arms up, touch, and reach up), run backwards touch ground twice. Rest

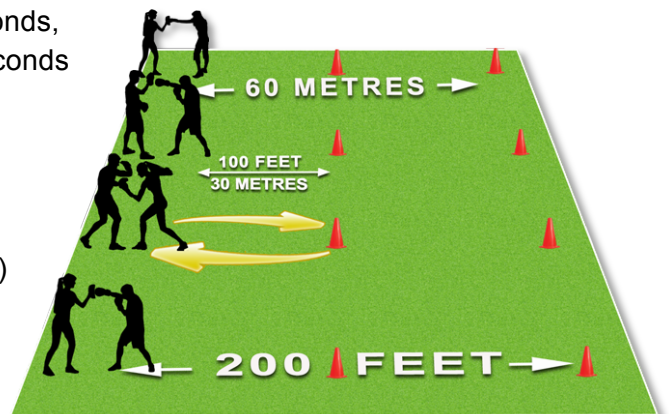
2min – run forward touch ground three times, run backwards touch ground three times. Rest

EXERCISE ONE:

Set 1. Start with Cross Jab double time for 30 seconds, Slow down to half time (Power Punches) for 15 seconds continue for 3 minutes.

C/over

Set 2. Have a cone for each Boxer to run back to about 30 meters back (Half the Warm Up Distance) Pad Holders hold arms over their heads completing deep squats as Boxers run.



Boxers – 50 Cross Jabs double time and backward Run to line when at line sprint forward and repeat this 6 times. Finish with 60 second Jab, Sprint (Don't let them slow down on the sprint keep them motivated).

C/over

Set 3. Same set up

30 Upper Cuts and run forward to line turn and sprint back. Repeat this 6 times. Pad Holders drop down and do Push Ups while Boxers run, should get 3 – 5 in. Finish with 45 second overhead Jab sprint dropping down to knees punching over head arms straight up into pads Boxers facing away from Pad Holders. C/over

C/over



Set 4. Boxing Lunge Kicks – Pad Holders hold pads out front just above hip height cross them over if easier.

20. **Boxing Progressive Lunge Kicks** each leg (deep lunge and front kick straight on) Run to cones and complete 10 split jump lunge

And repeat with 10 each leg and 5 **Split Jump Lunge** and c/over

Set 5. 30 Jab Cross defend moving forward slowly pushing Pad Holder up field – 15 **Split Jump Lunge**, 20 Jab Cross defend – 10 **Split Jump Lunge** etc. down to 10 – 5 **Split Jump Lunge**.

EXERCISE TWO: Abdominals

Set 1.

Boxers need towels and lay down holding abs at 45-degree angle

Sit up Jab middle LR and down to towel then sit up Jab to Left side double punch with L arm (2 quick Jabs with same arm) and down and up to right side R arm double punch (2 quick Jabs with same arm) repeat for 2 minutes.

C/over

Set 2.

Boxing situp jab combo - Boxers down on towels on the ground facing toward Pad Holder who is kneeling holding Pads, 30 seconds V sit position, knees bent – punching up double punch (both arms together hitting Pad at the same time) – 30 seconds Cross Jab and repeat x3.

RECOVER AND STRETCH