

BOOT CAMP PRO WORKOUTS



FOCUS: Boxing

EQUIP: Cones, Large space for shuttle runs

SET UP: See diagram

WARM-UP: Set up 2 cones 30 meters apart (Use set up for exercise one just run to half way point) Start at first cone

L = Left arm only single Jab

R = Right arm only single Jab

U= Upper Cut both arms

L R L R U U – Repeat – 1min run to cone and back x 3

L R Duck weave L R – Repeat – 1min – Run to cone and back x 3

Add together combos 2 mins and run x 4

C/over

EXERCISE ONE: Power Combo

Start with 2 Quick Jabs then start back at 2 and progress to 4, back to 2 up to 6 and so on until ending at 20.

(2-20) Upper Cuts – reset back to start when completed – 10 Alt Lunge

(2-20) Straight Jabs – reset – 10 Vertical Jumps

40 Hooks, reset – 40 Upper Cuts, reset 40 Kicks (20 each side), reset x 5

Changeover

EXERCISE TWO: Speed Suicides 5 cones spaced **10 meters** apart, after first 10 Jabs run to 2nd line with Pad Holder and complete 20 Jabs then and 3rd line 30 Jabs up to 5th line 50 Jabs. Return to 4th line for 60, all the way back to first cone up to 100 jabs and keep progressing up/back one line at a time with Pad Holder. You should get through entire cone runs twice through.

10 Straight Jabs – run to next cone (10-100)

10 Hooks – run to next cone (10-100)

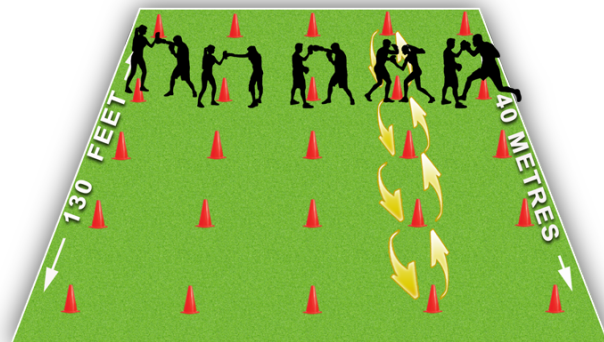
10 Uppers Cuts – run to next cone (10-100)

10 Lowers (Pads face up) – run to cone (10-100)

10 Knees – run cones (10-100) – when at 50 Knees turn around and change legs

10 Kicks – run cones (10-100) – when at 50 Kicks turn around and change legs

C/over





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EXERCISE THREE: *Resistance /Cardio* 1 minute Boxing – 1 minute Bodyweight exercise with the Boxers/Pad Holders moving around the lines of cones in a square formation with both their mats and instructor in the middle.

1 min Straights – 1 minute Push ups

1 min Hooks – 1 minute **Tricep Dips**

1 min Lowers – 1 minute **Burpees** Push ups

1 min

Upper Cuts – 1 minute **Plank with Side Leg taps** (Pad Holders behind Boxers and Boxers heel lifts to tap Pads, or for an alternative have the Boxers bend legs and kick for bottoms)

C/over

RECOVER AND STRETCH