

# BOOT CAMP PRO WORKOUTS



**FOCUS:** Boxing X Drill

**EQUIP:** Cones

**WARM-UP:** *Tabatas (Gloves on)*

20 seconds working, 10 seconds rest & move to next exercise

**Scotty Dogs – Boxing Shuffle Jabs**

Side Lunges Left and Right – Hooks

**Boxing High Knees** – Upper Cuts

*Change over after 3 minutes*

**EXERCISE ONE:** *Cardio Round*

*(Use Centre cone from cross drill set up for cone to sprint to in this drill)*

Complete full 6 minute set then Change over, Pad Holder must complete **Burpees** and Push ups while waiting.

1 **Burpee** – 30 Straight Jabs – 2 **Burpees** – 30 Upper Cuts – 3 **Burpees** – 30 High Jabs – continue for 2 minutes.

1 Push up – 1 sprint to centre cone and back – 30 Wide Hooks – 2 Push ups – 1 sprint to cone and back 30 Wide Hooks – 3 Push ups – sprint to cone and back – 30 Wide Hooks – continue for 2 minutes.

2 **Burpees** – 1 sprint to cone and back – 10 **Double Jump Jack** 10 Jump Squat Punches into Pads overhead – continue for 2 minutes.

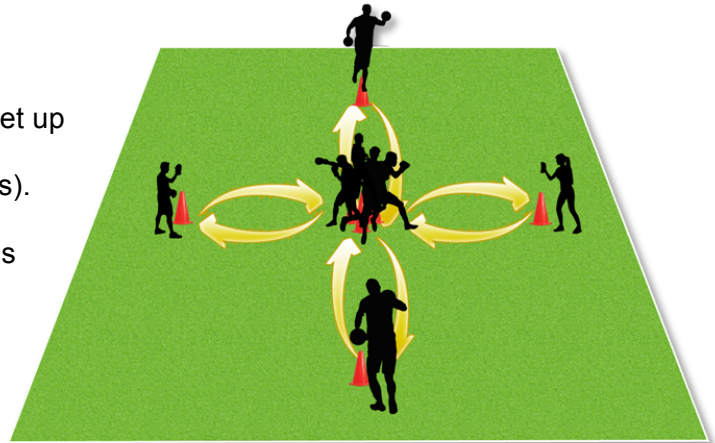
**EXERCISE TWO:** *Cardio Fun Cross Drill*

**(Minimum 8 to play)**

You will need at least 8 to play this have 4 Boxers set up in middle and

4 Pad Holders on 4 outside points (looks like a cross).

Each round will go for 3 full minutes the object of this game is for the boxer to catch and tag the boxer in front of them. The only rule is they must be tagged on a station not running to a station. Once Tagged they must jump outside the cross and complete Push Ups (any persons outside can then join in).



**Round 1:** Boxers start from middle working clockwise run straight to Pad Holder 25 Cross Jabs- run back to centre cone, turn clockwise, run out to next pad holder station. Complete 25 Uppercuts and run back to centre, out to next station complete 10 Hooks, etc - go for a full 2 minutes or until everyone is tagged. Change over.

\* Others waiting if your group is larger than 8 are Lunging around the outside in a square down one Side and Shuffle up the next side and repeat waiting for a boxer to get tagged out.

C/over

**Round 2:** Does same exercise but this time at each station add in a **Burpee** for 1<sup>st</sup> minute, a **Jump Squat** for 2<sup>nd</sup> minute and a **Split Jump Lunge** for 3<sup>rd</sup> minute.

C/over



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## **EXERCISE THREE:** *Cardio Interval – Leg Challenge*

- 30 Left arm only Jabs – 15 Lunges – 15 Left Leg kicks
- 30 Cross Jab both arms – 15 **Split Jump Lunge**
- 30 Right arm only Jabs – 15 Lunges – 15 Right Leg Kicks
- 30 Up High Jabs – 15 Lunges – 15 **Jump Squats**

Both Pad Holders & Boxers Lunging and running together for this drill.  
C/over partners

## **EXERCISE FOUR:** *Abs Set – Core Challenge – make a circle Pad Holders at each station each station goes for 60 seconds.*

1. Boxer Lying down on back (Pad holder standing) punching: straight up, cross punch, middle punch.  
L arm X2  
R arm x2
2. Punching Right, Left, down, up. Left, Right, down, (make them stretch) up.
3. Jabs Holding **V Sit** position with feet on the ground & core engaged.
4. **Burpees** to Push up and straight up into 10 hard punches and repeat.
5. **Ab Roll Up** – 4 Jabs.
6. **Russian Twist** arms together 4 each side and 4 jabs in middle and repeat.

## **RECOVER AND STRETCH**