

BOOT CAMP PRO WORKOUTS



FOCUS: *Boxing with Cardio Focus*

Equipment: Cones, Timer, Gloves/ Pads

SET UP: 6 lines of cones see diagram

WARM-UP: *Line Sprints*

5-8min Warm-up Set up 5 cones spaced out 15metres apart

Jog to 1st cone (2nd line from start line) – 2 star jumps, 2nd cone 4 stars up to 10.

When at the last cone turn around and repeat sequence with shuffles/**split Jump Lunge** then 3rd round with forward and back jumps/**High Knees** (or similar)

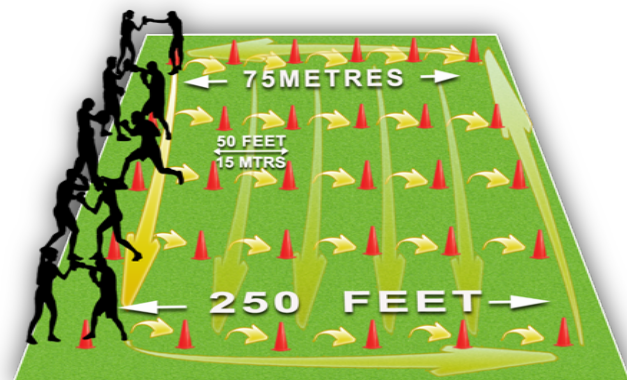
EXERCISE ONE: *Line Drill*

Add in 6th line of cones 15 meters apart to above.

Boxers and Pad holders next to each other 2 meters apart along 1st line of cones (Pad Holders facing cones, cones are behind Boxers)

All Boxers start from far left, like a wall of fire (waiting Boxers can do line sprints)

10 jabs at each Pad holder continue all the way along the line when at end far right run right back to far right corner run the square and come back around to start, before you start your next set of 20 Jabs run back to 1st line



At 2nd line do 5 **Burpees**, then run straight along line back to the start and do 20 jabs all the way along run back to 2nd line and repeat **Burpees** and then continue to 3rd line and do Push ups etc. so you keep repeating previous exercise but add on moving backwards up the lines, Jabs go up to 30 and then decrease back down to 10. This is fast Jabs and very cardio intensive.

Repeat 2nd line and at

3rd Line do 10 Push ups – 20 Jabs

4th Line 15 Crunches – 30 Jabs

5th Line 20 **Jump Squats** or Prisoner Squats (hands behind head) – 20 Jabs

6th Line is 25 Russian Twists – 10 Jabs (can have them place mats down)

As soon as the last Boxer has finished at the Pad holder at end of line far right the Pad holder goes for a run all the way around the outside of square and back to end of line, other pad holders continue moving down. C/over

EXERCISE TWO: *Timed Reps*

Cardio 10 minutes timed: 90 seconds working / 20 seconds rest

3 rounds 50 Jabs, 50 Upper Cuts, 50 Hooks, 10 Push ups.

After 3 sets C/over

EXERCISE THREE: *Challenge*

100 Hundred's paired challenge, between 2 of you – Last pair has to do 20 **Burpees**

100 **Boxing sit-up jab combo** – 100 over head punching up

100 **Boxing Oblique hooks**, (Pads are behind Boxer Pad Holder kneels behind

RECOVER AND STRETCH