



# BOOTCAMP PRO WORKOUTS

**FOCUS:** *Boxing*

**EQUIP:** *Cones, Boxing Gloves & Pads*

**WARM-UP:** Light punching 1 min – side shuffle between cones (10 metres only) – 1 min – every 10 sec or so get to static shuffle and punch ahead or overhead for 10 sec or so and then continue to side shuffle – 1 min – repeat 3x

**EXERCISE ONE:** *Combo's*

Boxers and Pad Holders walking backwards - after each combo at 1 minute point both run back to the start.

L = Left

R = Right

U = Uppercut

H = Hook

L, R, U, U – 1 minute

L, R, U, U, L, R – 1 minute

L, R, U, U, L, R – Hook, Hook – 1minute

Change over

**EXERCISE TWO:** *Power/Speed* – Call out number of Jabs, (e.g. 10, 12, 18 etc). and keep Campers together – After number of Jabs completed group must perform 10 **Squat Jumps** and 10 Speed Jabs – 2 minutes each round, so call out numbers for approx. 30 sec then add 10 **Squat Jumps** (Try to get in 2 rounds each set).

**2<sup>nd</sup> Round** call out number of fast Jabs and proceed with 10 **Squat Jumps**, 20 Jabs but add on 30 Upper Cuts.

**3<sup>rd</sup> Round** Call out number again then 10 **Squat Jumps**, 20 sec Jabs, 30 Upper Cuts and finish with 40 Up High.

*Change over*

**EXERCISE THREE:** *Leg Focus*

Set up cone approx. 15 – 30m away everyone stays together with Both Boxers & Pad Holders running.

**Squat Jumps** 30 sec run to cone - 2 **Burpees** – 20 Jabs – run back to start – 1 **Burpees** – 10 Straight Jabs.

**2<sup>nd</sup> Round** 30 sec **Fast Feet** – run to cone – 4 **Burpees** – 40 Jabs – run back to start – 20 Straight Jabs .

**3<sup>rd</sup> Round** 30 sec **Squat Jumps** punch into pads – run to cone do 6 **Burpees** – 60 Jabs – run back do 3 **Burpees** – 30 Jabs.

Change over



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## **EXERCISE FOUR:** *Upper Body Focus*

45 sec straight Jabs / 15 sec Push ups / 15 sec Lunge Jumps / 1 run

45 sec Upper cuts / 15 sec Tri-Push ups / 15 sec Lunge Jumps / 2 runs

45 sec High Jabs / 15 sec Side Plank to Push up / 15 sec lunge Jump / 3 runs

To finish – 1 min sec straight Jabs / 1 run 45 sec Uppers / 2 run / 30 sec High / 3 runs

Change over

## **EXERCISE FIVE:** *Ab's*

Both Pad holders and Boxers complete together - Gloves off

Plank 1 minute – Sprint to cone – **Bicycle sit ups** 50 sec – Sprint back to start – Plank 40 sec –

Sprint to cone – **Bicycle sit ups** 30 sec Plank – Sprint back to start – Plank to Push up 20 seconds to finish.

## **RECOVER AND STRETCH**