

BOOT CAMP PRO WORKOUTS



Focus: *Boxing*

Cardio ★★☆☆☆ **Strength** ★☆☆☆☆

EQUIP: *Cones, Timer, Gloves & Pads*

Set up: *See diagram – cones behind Boxers*

Warm-up: 5-8min

1st round: 30 Straight Jabs – Backward Lunge to 1st line of cones do 2 Push ups – Run back

30 Upper Cuts – **Side Shuffle** Left side to 1st line do 2 Push ups – Run back

30 High Jabs – **Side Shuffle** Right to 1st line do 2 Push-ups – Run back

2nd round: Repeat 1st round but after 2 Push ups add on 2 **Squat Jumps** with hands behind head.

3rd round: Repeat 1st round and backward run to 2nd line but after 2 **Squat Jumps** add on 2 **Full Sit ups**.

While Boxers running *Pad holders to do:*

1st round **Push Ups** - 2nd round **Squat Jumps** - 3rd **Scotty Dogs**

Exercise one: *Boxing Line Drill*

Set up 3 lines of cones spaced out 10 metres apart. Boxers and Pad holders spaced out 1 meter distance apart; you will use these 3 lines throughout program

Using the lines of cones as above:

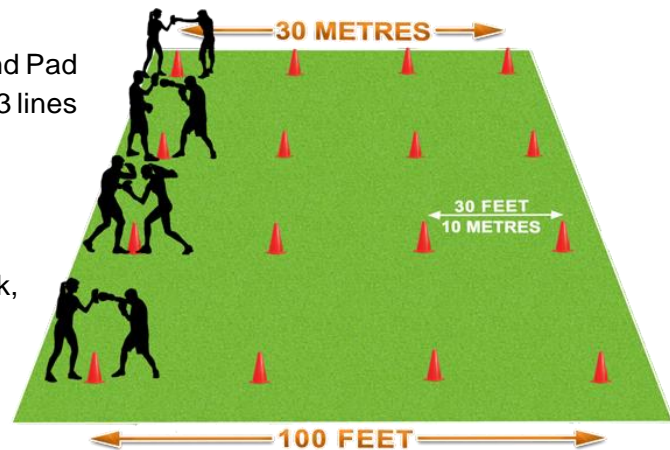
10 Straight Jabs – 10 Burpees – 1 Run.

20 Straight Jabs – 20 Upper Cuts – 20 Get Ups (laying on back, same as **Turkish Get Up** but no weight) – 2 Runs.

30 Straight Jabs – 30 Upper Cuts – 30 High Jabs – 15 **V Push Ups** – 3 Runs.

Pad Holders: Using Lines Jog To 2nd Line. At 2nd Line

Sprint To 3rd Line And Repeat. On Way Back Jog To Middle Line and sprint it home.



Exercise Two: *Boxing Line Drill*

15 Straight Speed Jabs – Both run to 1st line do 15 sec Star Jump Punches (Double punch) – run back 15

Straight Speed Jabs – Run to 2nd line 15 **Boxing High Knees** into Pads run back to start

30 Straight Speed Jabs – Run to 3rd line 30 **Knee Up Downs** (without dumbbell) lead with Left leg – run back to start

30 Straight Speed Jabs – Run back to 2nd line repeat **Knee Up Downs** lead with Right leg - run to start.

15 Wide Hooks – Run back to 1st line 15 **Boxing High Knees**

Run back to start line and finish with 1 minute of Upper Cuts.

Partners Changeover/swap equipment.

2nd time through you can make it more interesting by changing exercises and include a combination of **Scotty Dogs – Squat Jumps– Push Ups** at each line and run back to start (both boxer and pad holder to do all exercises).

Exercise THREE : *Abdominals – No Gloves/Pads.*

10 **Full Sit- Ups** hold last one at 45deg angle for 10 sec – repeat 10 **Full Sit Ups** hold last one 20 sec – repeat 10 **Sit Ups** hold last one 30 sec

move apart **Bicycle Sit-Up** 10 each side then hold for 8 each side x 4 – keep shoulders off floor all the way through.

Recover and Stretch