



# BOOTCAMP PRO WORKOUTS

**FOCUS:** Boxing

**EQUIP:** Required: Cones, Timer, Gloves and Pads

**SET UP:** 1 cone 20 metres from Boxer

**WARM-UP:**

10 straight Jabs – Run to cone and return to Pad holder

Repeat this sequence up by 10 to 40 Jabs, and then decrease back down to 10 or for 3 minutes (While Boxers are running Pad holders do **Burpees**)

Changeover

**EXERCISE ONE:** Combo's

**SET UP:** 4 cones 20 metres apart

L,R,L, R UPPER, L UPPER, L – Run to 1<sup>st</sup> cone (Both) Repeat combo – run to 2<sup>nd</sup> cone and so on to last cone.

From 4<sup>th</sup> cone repeat combo twice through and start from 4<sup>th</sup> cone all the way back to start.

Changeover

**EXERCISE TWO:** Power Round keeping good form and technique

**SET UP:** Everyone on straight line about 2-3 metres apart (for added intensity or for a smaller group make the distance between cones greater)

15 sec Straight Jabs – 15 sec Fast Squats- move to next Pad holder 15 sec Straight Jabs –

15 sec **Jump Squats** punching up into pads- continue for 1 minute or until everyone through

15 sec Uppers – 15 sec deep Squat Hold- move to next pad holder and repeat for 1 minute

15 sec High Jabs – 15 sec **Boxing High Knees** alternating into pads and continue for 1 minute or until all through

Changeover after 3<sup>rd</sup> round

**EXERCISE THREE:** Speed Round

Same setup as above

15 sec double time Jabs – 15 sec shuffle Alt feet (optional: Can add alt punches for added intensity) – move to next Pad holder and repeat for 1 minute

15 sec Hooks – 15 sec criss-cross Jump Jacks – continue for 1 minute

15 sec High Jabs – 15 tiny forward and back Jumps – continue for 1 minute to until all through.

Changeover after 3<sup>rd</sup> round

**EXERCISE FOUR:** Abs

Same setup as above

Boxers on ground in plank position on elbows not hands, Pad holders behind Boxers at their feet

**Set 1:** 30 sec Plank with Right foot only tapping the Pad (bent knee whole foot hitting Pad) repeat 30 sec with Left Foot.

Rest 15 sec

**Set 2:** Same as above but alt feet and this time keep legs straight and just lightly tap continue aim for 45 seconds

Rest 15 sec

**Set 3:** Boxers turn over onto backs using hands for support if needed under bottom or resting on ground **boxing lying bicycle kick** alt feet into pads for 1 minute (Pad holders keep pads a good distance away to make them work).

Changeover

**RECOVER AND STRETCH**