

BOOT CAMP PRO WORKOUTS



FOCUS: Boxing

EQUIP: Cones, Timer, Gloves & Pads

SET UP: Set up 6 cones approx. 8 meters apart.

WARM-UP: 5-8 min

Start on 1st line of cones

L = Left Jab

R – Right Jab

Pause – Hold both Hands up to face in defence stance

Jabs L R L R – run to 2nd cone L R L R
pause and repeat – run to 3rd cone L R
L R x 3 – 4th cone x 4 – 5th cone x 5 –
run back to start and repeat with Upper
Cuts and then High Punches

EXERCISE ONE: Power /Speed Ladders

Start with 2 Power Punches followed by 10 Fast Jabs

2 Straight Power Punches – 10 Fast Straight Punches

4 Straight Jabs – 20 Speed Jabs, 6 Straight Jabs – 30 Speed Jabs and so on up to 10
Straight and 50 Speed then perform 10 Push Ups

Switch sequence on way back down

10 Power Jabs – 50 Speed

8 Power Jabs – 40 Speed

6 Power Jabs – 30 Speed

4 Power Jabs – 20 Speed

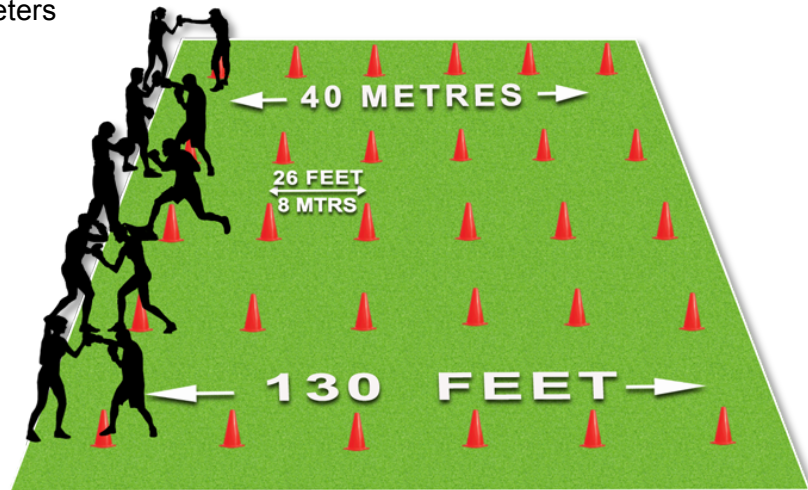
2 Power Jabs – 10 Speed

Repeat The 10 Push Ups – repeat entire sequence with Upper Cuts

C/over

EXERCISE TWO: Power

1st cone - 10 sec Cross Punches – 10 sec High Punches – 10 sec Fast Jabs – 1 **Tuck Jump**
– bring knees up to chest not chest down to knees – 1 Dolphin or **V Push Up** – 10 sec of
each above exercise at each cone, increase **Tuck Jump** and **V Push Up** by 1rep at each
line of cones. At line 5 – Repeat sequence again but substituting High Punches to Low
Punches (Pads face up) and Tuck Jumps become 5 **Burpees** – V Push up become 5 **Pop
Ups**. Move down line of cones back to 1st C/over





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EXERCISE THREE: *Speed*

1st line of cones 10 Straight Jabs – Kangaroo Jumps to 2nd line of cones – 20 Straight Jabs and so on to 5th cone - repeat starting at cone 5 but with Upper Cuts
Repeat 3 mins

EXERCISE FOUR: *Ab's Gloves off*

30 sec **Spiderman Climb** / 30 sec Traveling Plank – Move body backwards keeping core tight / 30 sec **Spiderman Walk** (Same as Climb but move forward) / 30 sec **Plank Up & Down** – repeat if time permits

RECOVER AND STRETCH