

# BOOT CAMP PRO WORKOUTS



**FOCUS:** Boxing - Big Leg Focus

**EQUIP:** Cones, Gloves and Pads

**SET UP** See diagram

**WARM-UP:** Light Running / Boxing

5min Jog with Gloves and Pads on – On Instructor command find a partner and complete 30 sec fast rounds of Instructors choice of Punches/Kicks

**EXERCISE ONE:** Phase 1.

*High/Lows*

4 Left Jabs – LRLR Jabs repeat combo – continue for 1min with Boxer moving Backwards towards far cone, at cone Boxer turns around and push's Pad Holder back LR Power Jab all the way back to start cone and sprint back to far cone and back to start. (Pad Holder Jump Jacks while Boxers sprinting)

4 Left Jabs – LRLR Hooks 1 min – Kick out forward push high using core into Pads (foot flat) Pad holder moves back to cone and both sprint back (this move doesn't need to be hard just keep leg high front push the core which does the work if kept high) **10 Pushups** when back to start (Pad holders Squat Hold)

4 Left Jabs – LRLR Uppercuts 1 min – Running **Boxing high knees** forward knees hitting into pads (Pads to be held at waist height) – **10 Pushups**

Alt Kicks out front (toes face down) back to start **20 Crunches together**

C/over Pad Holder to do Left side then Boxer back to Right side

**Repeat sequence with right side**

4 Right Jabs – RLRL Jabs continue for 1min

Push RL all the way up to cone and drop and both Pad Holders and Boxers do **20 Pushups** – Sprint back

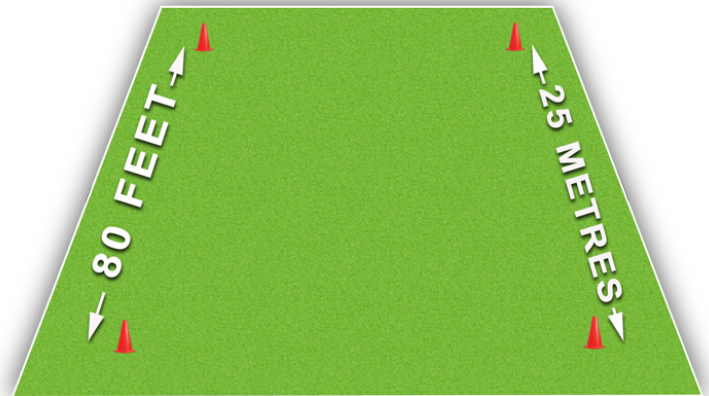
4 Right Jabs – RLRL Hooks 1 minute – **skipping High Knees** touching lightly knees into pads (pads are at waist height) use core for high skips all the way back to start – Drop and do **20 Crunches**

Kicks out forward up to cone – **20 Jump Squat Punch** (Deep squat the double Jab into Pad)

4 Right Uppercut s – RLRL Uppercuts – Running High Knees into pads – **20 Pushups**

Alt Kicks out front (toes face down) back to start **20 Crunches**

C/over





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## **EXERCISE TWO:** *Cardio*

50 Hooks – Sprint both together to cone 50 Uppercuts

40 Hooks – Sprint to cone 40 Uppercuts

Continue down to 10

C/over

## **EXERCISE THREE:** *Ab's*

Boxer – lying on floor – Pad Holder kneeling at feet of Boxer

Boxer – 1 Sit up – 2 Straight Jabs – 1 sit up – 4 Straight Jabs etc. up to 10 and back down – continue for 1 minute repeat but with Pad Holder holding hands wide so Boxers have to use oblique's – 1minute

Finish with **V Sit** position core engaged and Jab for 90 seconds

## **RECOVER AND STRETCH**