



BOOTCAMP PRO WORKOUTS

FOCUS: *Boxing Mix up – Boxing plus a Fun game*

EQUIP: *Pads, Gloves and Cones*

WARM-UP: 100 straight Jabs – 100 High Jabs – 100 Hooks – 100 Upper Cuts and swap after both Campers have boxed. Move onto the Fun Game (have them keep their inners on for game).

GAME: *One for All and all for one! 5 minute Leg Warmer*

This exercise is a great leg warmer and will get the team moving.

Have campers form a circle facing the centre.

If there are any campers that cannot perform high impact lower exercises or have a much lower fitness level than the rest of group they can opt to box in the centre but must continue for entire time of game. Have Campers in the centre of circle complete 50 Jabs – 5 Push ups – rest 10 seconds – 75 Jabs – 10 Push ups – 100 Jabs – 15 Push ups (Pad Holders to perform Push ups as well). Changeover and continue.

Campers on the outside – The game starts with you calling one of six commands – Jump Down – Jump Up, – Jump Left – Jump Right – Jump Forward – Jump Back. The goal is for the group to copy exactly what the leader says and does. After 1-minute reform if anyone has broken the circle and move on to the 2nd set.

For the next set, step up the exercises and add a number either 2, 4, or 6. So call 6 Split Jump, 4 moving Lunges, etc.

Exercise can be Alt Lunges, Squat Hold (with arms overhead), **Gut Busters** arms up, Forward and Back Jumps, **Traveling Jump Squats** etc. Side Squats left and right and try to keep everyone moving together as a group. To increase intensity have them do a burpie on jump.

EXERCISE ONE: *Speed Round 1.*

2 Upper Cuts – 10 **Split Jump Lunges** Continue always returning to 1, 2 Jab before moving up to 10 Jabs and 20 **Split Jump Lunges**

2 Straight Jabs – 10 Vertical Jumps (10Jabs -20 Jumps, resetting back to 2 Jabs working up in a ladder)

40 Hooks – 40 Upper Cuts – 40 Kicks x 5 (swap over).

EXERCISE TWO: *Speed Round 2.*

Suicides - Set up 5 cones spaced 10 metres apart, start at the 1st cone and complete 10 Jabs, run to 2nd line and return to start and do 20 Jabs then run up to line 3 and do 30 Jabs until you work all the way up to line 5 and back increasing Jabs as you go until you have done 100 Jabs. You will go through all the lines twice.

10 Straight Jabs – run (10–100)

10 Wide Hooks – run (10–100)



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10 Upper Cuts – run (10–100)

10 Lower Jabs (Pads Up) – run (10–100)

10 Knee Strikes (5 each side) – run (10-100)

10 Kicks (5 each side) – run (10–100)

C/over

EXERCISE THREE: *Resistance /Cardio*

1 minute Boxing – 1minute bodyweight exercise. Boxers/Pad holders in a line with their mats, Instructor is in the middle.

1min Straight Jabs – 30 second Push up's

1min Hooks – 30 second **Burpees**

1min Low Jabs – 30 second Pylo Jump Squats

1 min Upper Cuts – 30 seconds Plank

C/over

RECOVER AND STRETCH