

BOOT CAMP

PRO

WORKOUTS



FOCUS: *Boxing & Cardio combined.* Cardio ★★☆☆☆ Strength ★☆☆☆☆

EQUIP: *Cones, kick Shield or pads, gloves.*

WARM-UP: 2 cones – start at first cone and jog to second cone and do 2 Push ups, jog back to start, repeat for 1 min, every 30 seconds call out Star Jumps (your choice of number). After the minute 2 **Jump Squats** for 1 minute – repeat x 3

EXERCISE ONE: Go through complete set then change over pads/kick shield and gloves. 7 minutes including rest

(Pad Holders do Cardio exercises)

Star Jumps x 30 sec

Touch Jumps x 30 sec

Star Jumps x 30 sec

Touch Jumps x 30 sec

1 min of double time Jabs followed by 1 minute of Hooks

Then repeat Punches and Hooks 1 minute each

Rest 1 min during change over

EXERCISE TWO: 7 minutes including rest

Squat Jumps with Butt Kicks x 30 sec

High Knees x 30 sec

Squat Jumps with Butt Kicks x 30 sec

High Knees x 30 sec

1 min of Low Squat Double Jabs followed by 1 minute of High Jabs

Then repeat low squat punches and high punches 1 minute each

Rest 1 min during change over

EXERCISE THREE:

Side Ski's x 30 sec

Squat Jumps with Knees High x 30 sec

Side Ski's x 30 sec

Squat Jumps with Knees High x 30 sec

1 min of alternate Lateral Back Hander Jabs or elbow strike

1 mins of alternate arm raise Back Hander Jabs

Then repeat punches for minute each

Rest 1 min during changeover

EXERCISE FOUR: *Cardio* Use cone set up from warm up. Pad holders in a line Boxers are to do the desired exercise and reps and move along to next Pad Holder (Wall of Fire) then run back to start of line drop to high plank position up on hands and wait for everyone.

1. 6 L Jab, 6 R Jab and 12 Alt Cross Jabs,
2. 10 Alt High Jabs, 10 Upper Cuts, 20 Alt Cross Jabs ,
3. 15 High Double Jabs (both hands touch together) fast, 15 Alt Double Jabs
4. Squat and 10 Jabs, move on to next Pad holder Squat 15 Jabs, up to 20 all the way along

Change over and repeat on second round commando crawl back to line instead of sprinting back.

RECOVER AND STRETCH