

# BOOT CAMP PRO WORKOUTS



**FOCUS:** Boxing. Cardio ★★★★★ Resistance ★★★★★

**EQUIP:** Cones, Large space for shuttle runs

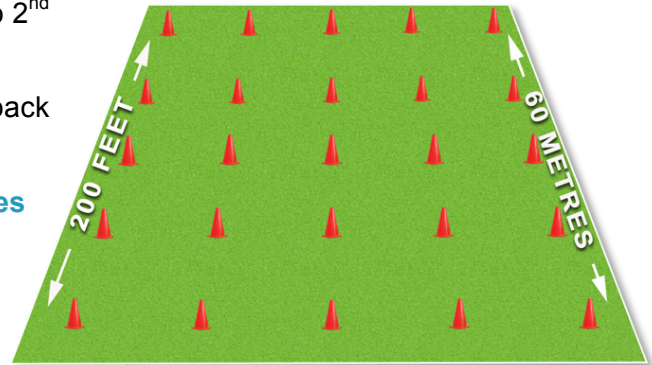
**SET UP** See diagram

**WARM-UP:** Start at 1<sup>st</sup> line of cones perform 10 Jabs – 2 Upper Cuts – 2 High Jabs – Backwards **High Knees** to 2<sup>nd</sup> line of cones then sprint forward back to starting line.

10 Jabs – 4 Upper Cuts – 4 High Jabs – **High Knees** back to 3<sup>rd</sup> line of cones and sprint forward to starting line.

10 Jabs – 6 Upper Cuts – 6 High Jabs – **High Knees** back to 4<sup>th</sup> line of cones and sprint forward

10 Jabs – 8 Upper Cuts – 8 High Jabs – **High Knees** back to 5<sup>th</sup> line of cones and sprint back to start.



Changeover

**EXERCISE ONE:** Speed / Power Round moving quickly half of the Boxers do Hill or Stair runs while the other half complete Step-ups. Every 2<sup>nd</sup> set they swap over while Pad Holders do Dips and Step ups

2 Right Jabs – 1 Push ups – 2 Left Jabs – 1 Push up – 10 Cross Jabs – 1 Body Builder or 1 **Burpee** with **Plank Hip Splits** – 1 Hill (Pad Holders do Step ups or Dips until Boxers are back from hill or stairs).

4 Right Jabs – 2 Push ups – 4 Left Jabs – 2 Push ups – 20 Cross Jabs – 2 Body Builders/**Burpee Plank Hip Splits** – Hill / Step ups

6 Right Jabs – 3 Push up – 6 Left Jabs – 3 Push up – 30 Cross Jabs – 3 Body Builder – Hill / Step ups

8 Right Jabs – 4 Push up – 8 Left Jabs – 4 Push up – 40 Cross Jabs – 4 Body Builder – Hill / Step ups

10 Right Jabs – 5 Push up – 10 Left Jabs – 5 Push up – 50 Cross Jabs – 5 Body Builder – Hill / Step ups

Changeover

**EXERCISE TWO:** Speed

10 Shuffle feet High Jabs – Sprint to 1<sup>st</sup> cone – 5 **Jump Squats** arms straight

20 Shuffle feet High Jabs – Sprint to 2<sup>nd</sup> cone – 5 **Jump Squats** arms O/head

30 Shuffle feet High Jabs – Sprint to 3<sup>rd</sup> cone – 5 **Jump Squats** arms straight

30 Shuffle feet Straight Jabs – Sprint to 3<sup>rd</sup> cone – 5 **Jump Squats** arms straight

20 Shuffle feet Straight Jabs – Sprint to 2<sup>nd</sup> cone – 5 **Jump Squats** arms straight

10 Shuffle feet Straight Jabs – sprint to 1<sup>st</sup> cone – 5 **Jump Squats** arms O/head

**NOTE:** Pad Holders must do Push ups or Alt Lunges while Boxers run

Changeover



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## **EXERCISE THREE:** *Abs Suicides*

Use cone set up, Pad Holders pushing Boxers backwards doing exercise, when they reach each line Boxer drops into a plank position while Pad Holder runs back to 2<sup>nd</sup> line and returns. Repeat with new exercise moving up each line in suicides so miss the 1<sup>st</sup> and Plank on 2<sup>nd</sup> line second time around continue until Boxer reaches last line and Changover.

**Set 1.** 2 Left Jabs, 2 Right Jabs, LRLR & repeat sequence until you reach the 2<sup>nd</sup> line drop into Plank while Pad Holders do a backward run to 1<sup>st</sup> line and return back to Boxer on 2<sup>nd</sup> line.

**Set 2.** 20 Wide Oblique Hooks followed by **Boxing Travelling High Knees** until at 3rd line drop to bent arm plank while Pad holders do a backwards run to 1<sup>st</sup> line and return keep moving.

**Set 3.** 40 Hooks – **Resisted Shoulder Push** back to 4<sup>th</sup> line and drop in Plank with alt straight toe taps. Pad Holders **high knees** to 1<sup>st</sup> line and return to Boxer.

**Set 4.** 50 Hooks – Boxers lunge to 5<sup>th</sup> line – drop to elbows and do **Plank with side Leg taps** for last set Pad holders **High Knees** back to start and sprint back to Boxer.

C/over

**RECOVER AND STRETCH**