

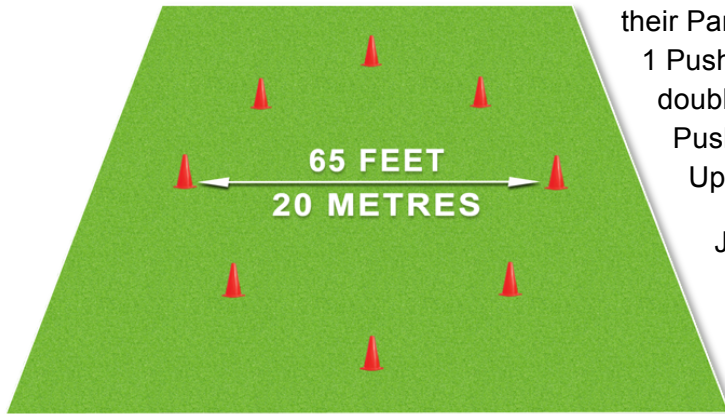
BOOT CAMP PRO WORKOUTS



FOCUS: Boxing

EQUIP: Cones, Pads, Gloves & Timer

WARM-UP: Boxers & Pad Holder's spread out around the circle facing each other.



Campers start with light jogging on the spot opposite their Partner – On Instructor's command they perform 1 Push up followed by 10 seconds of Uppercuts double time. Repeat this each time adding rep's of Push ups and changing Jabs from Straight to Uppers.

Jog on spot – Go – 2 Push up – 10 sec Straight Jabs Jog on spot – Go – 3 Push up – 20 sec Upper Cuts Jog on spot – Go – 4 Push up – 20 sec Straight Jabs Jog on spot – Go – 5 Push up – 30 sec High Jabs C/over.

EXERCISE ONE: Power (Pad holders do 2nd exercise as well)

10 sec Straight Jabs – 10 sec Prisoner Squat Jump (Pad Holder as well)

10 sec Upper Cuts – 10 sec Burpees – Sprint to middle of circle and return with High Knees

20 sec Straight Jabs – 20 sec Squat Jumps

20 sec Upper Cuts – 20 sec Burpees – Sprint to middle of circle and High Knees back x 2

30 sec Double time High Jabs – sprints x C/over.

EXERCISE TWO: Speed

Separate Boxers and Pad Holders – Either on opposite sides of circle (coned area) or set out 2 cones at least 20 meters apart. Boxers lie on tummies at one end – and Pad Holders at the other. Shout GO – both parties meet in centre and perform 10 Double time Jabs and run back & return to ground lying on tummies. Shout GO meet again – 20 Double time Jabs – repeat to 30 then repeat entire sequence with Uppercuts – last time meet in middle 50 High Overhead Jabs. C/over

EXERCISE TWO: Cardio Circle – Boxers outside – Pad Holders inside make the circle at least 20 meters across, see diagram.

Campers start with 10 Partner Shuffle Jabs – 10 High Knees. – 1 Triceps Push Up – 1 complete lap of circle – (Pad Holders do Push up's as well, but hold a Deep Squat while the Boxers are running).

Boxer's stop in front of next Pad holder along from original Partner.



Repeat but alternating each round with Straight Jabs and Uppercuts (no shuffling on uppercuts) so at every 2nd Pad Holder Boxers will do Uppercuts always in reps of 10's but adding one extra rep for the Triceps Push up.

For example.

10 Jabs – 10 **High Knees** – 1 Triceps Push Up – 1 Lap

10 Uppers – 10 **High Knees** – 2 Triceps Push Up – 2 Laps

10 Jabs – 10 **High Knees** – 3 Triceps Push Up – 1 Lap

When Campers return to their original partner they complete (30/30/10's) 30 Wide Hooks – 30 Uppercuts – 10 **Jump Squats** and have them repeat until everyone is back.

EXERCISE THREE:

Abs : Stay in circle formation but make it much tighter circle

Boxing Situp Jab Combo - Boxers on floor – Pad Holders at feet, bending at knees not back, Boxer does 1 sit up and 2 Jabs (making sure to hold V position so Ab's hold the contraction while punching), Pad Holder moves onto next Boxer as quickly as possible – Boxer does 1 Push up and 4 Jabs go up in two's until return to original partner – if have time repeat with wide punches – C/over

RECOVER & STRETCH