



BOOTCAMP PRO WORKOUTS

FOCUS: *Boxing with running focus*

EQUIPMENT: *Cones, Timer, skipping ropes, gloves, pads.*

SET UP: *(2 groups opposite one another)*

WARM-UP: Set up 2 cones – Start at the 1st cone – Jog to second cone – 2 Push ups – Jog back to start. Repeat for 1 min, every 30 seconds call out Star Jumps your choice of number. After minute Skip for 1 minute – repeat 3x.

EXERCISE ONE: *Combo*

Left Jab x 4 Step back – 2 Upper Cuts repeat until you have reached far cone.

Right Jab x 4 Step back – 2 Upper Cuts – Repeat until back at starting point.

LR–LR x4 Step back – 2 Upper Cuts – Repeat until you have reached far cone.

LR–LR–Duck Weave x 4 step back – 2 Upper Cuts – Repeat until back at starting point. C/over

EXERCISE TWO: *Speed/Power – Wall of Fire Changing Partners*

Pad holders at starting line – Boxers face cones – 10 sec Power Punches – Sprint to cone –10 sec **Burpees** (Pad Holders do **Burpees** as well) – Boxers run back to next Pad Holder.

30 sec speed Punches – Sprint to cone – 30 sec **Fast Feet** (again Pad Holders do **Fast Feet** as soon as the Boxer starts running to cone – Run back to next Pad Holder– Repeat sequence until they have returned to their original Partner.

Repeat sequence but this time replace Power Punches with Upper Cuts and then – High Punches – When sequence completed and back to original Partner – 30 Punches up High Double time. C/over

EXERCISE THREE: 30 sec Squat Hold with Jabs – 30 sec Straight Punch – Run to cone and back and move to next Partner – 30 sec Left back Lunge Hold with Jabs – Run to cone and back and move to next Partner – 30 sec Right Leg back Lunge Hold with Jabs – and so on till reach original Partner.

RECOVER AND STRETCH