



BOOTCAMP PRO WORKOUTS

FOCUS: Boxing Cardio with Bench work

EQUIP: Cones, steps or bench, gloves, pads.

WARM-UP: Warm up with Tabatas (make sure you are near a bench) 20 seconds on 5 second rest 3 rounds (only have 5 sec rest to save time)

Cross Jab ~ Push ups x 3

Upper cuts ~ **Squat Jumps** x 3

Hooks ~ Sit ups and put a cross jab at top for oblique's x 3

C/over

Repeat but change the Cross Jab ~ Push ups to Dips x 3

Hooks ~ **Split Jump Lunges** x3

EXERCISE ONE: Leg Focus

Place in groups of 3, 2 Pad Holders (one on each end of area). Boxers start at one end. If you have fewer than 6 modify program for pairs work.

Start with Jabs at 1st side run a fair distance (at least 30 meters/100 feet) and complete Kicks on one leg, run back to original Pad Holder work other leg and go straight into next Cross Jabs set. (So with each new set you are with original Pad Holder).

80 Cross Jabs – 16 R Kicks – 16 L Kicks

70 Cross Jabs – 14 R Kicks – 14 L Kicks

60 Cross Jabs – 12 R Kicks – 12 L Kicks

Continue workings down in 10s for Jabs and 2s for kicks until you reach 2 Kicks.

Pad holders while waiting do **side Lunges**, **High knees**, Squat Kicks, Jumping Jacks, when Boxers are up to 40 cross jabs run laps with them or side shuffle. C/over

EXERCISE TWO:

Partner Lunge / Side Shuffle Drill, can take gloves off each set is completed twice, one per person. One Lunge up to cones and back and the other side shuffle keep it low for a good leg workout.

60 seconds on 20 seconds rest do 1st round and Change over with Partner

45s seconds on 15 seconds rest 2nd round

30 seconds on 10 seconds rest 3rd round.

EXERCISE THREE: Ab's Focus

1 minute **Boxing Situp Jab Combo** - Lying Sit up Cross Jabs into pads changing sides as they go so R L down, sit up L R etc. Pads Holders stand in front on them legs wide and hold (make Boxers work and keep Pads high to ensure they stretch up) – 45 seconds of Russian Twists, Pad holders can stand on their toes, ensure Boxers elbows touch ground – 30 seconds of straight Jabs holding 90 degree angle.

C/over

RECOVER AND STRETCH