



# BOOTCAMP PRO WORKOUTS

**FOCUS:** *Boxing with Cardio*

**EQUIP:** *Cones, DB's, Timer & Large Area*

**SET UP:** *around a large marked square with 10 metre (33 feet) sides. Both Pad holders and Boxers jog together.*

**WARM-UP:** 30 sec light Jog – 30 sec Static Shuffle repeat 2 x  
30 sec Jog – 30 sec Static Shuffle Overhead Jabs – overhead repeat 2 x  
30 sec **High Knees** – 30 sec Butt Kicks – repeat 2 x

**EXERCISE ONE:** *Combination Round*

L L R – 1 min (ensure good form)

L L R – 10 Uppercuts – 1min

L L R – 10 Uppercuts – 10 straight Jabs – 1 min

*Power Round* – 4 cones set up in square formation

2 Straight Jabs – 2 Upper Cuts – 2 High – side shuffle to 1st cone – run to 2nd cone – side shuffle to 3<sup>rd</sup> cone – run to 4<sup>th</sup> cone – 1 Push up

4 Straight – 4 Upper – 4 High – side shuffle etc. – 2 Push ups – continue up to 10 punches and 5 push ups – continue for 3 minutes C/over

\* Have Pad holders do Cardio exercise while waiting

**EXERCISE TWO:** *Cardio Round 1.* – Keep the same cones set up and have them sprint to far cones. Boxers start lying on stomach.

Tummy – jump up 10 Straight Jabs – 1 sprint – back to tummy

20 Jabs – 2 sprints / 30 Jabs – 3 sprint – go up to 40 punches and go back down – continue for 3 minutes.

Cardio Round 2.

10 Straight Jabs – 10 Uppers – 10 High – 1 **Burpee** (Pad Holders as well) – 20 Jabs– 20 Uppers – 20 High – 2 **Burpees** – up to 50 and back down – continue for 3 minutes – C/over

**EXERCISE THREE:** *Ab's*

25 seated wide punches (**boxing oblique hooks** twist in V position) – 25 High (stay holding V position) – 10 **full Sit up** punches – 50 seated wide punches (**boxing oblique hooks** twist in V position) – 25 High (stay holding V position) 20 **full sit up** punches – C/over

Last Conditioning Round if time permits – 1 minute wall sit – 30 second 20 metre sprint – repeat 3x

**RECOVER & STRETCH**