



FOCUS: *Boxing*

EQUIPMENT: *Cones*

SET UP: *2 lines of cones 15 metres (50 feet) apart.*

WARM-UP: 2 cones – start at first cone and jog to second cone and do 2 Push ups – jog back to start – repeat for 1 min, every 30 seconds call out Star Jumps (your choice of number). After the minute 2 **Jump Squats** for 1 minute – repeat 3x.

EXERCISE ONE: *Cardio Pairs Work*

Have a cone for each boxer to run back to about 15 meters (50 feet) back. Pad holders to hold arms over head doing deep squats.

Start with 50 cross jabs double time and run backwards to line, when at line sprint forward and repeat this 6 times. Finish with 30 second jab sprint.

C/over

EXERCISE TWO: *Cardio Round 2*

Same set up this time doing 30 Upper cuts and run jog forward to line turn and sprint back. Repeat this 6 times. Pad holders drop down and do Push ups (should get 3 – 5 in). Finish with 30 seconds sprint dropping down punching overhead arms straight up into pads Boxers facing away. C/over

EXERCISE THREE: *Lower Body set – Legs.* Hold pads out front cross them over if easier.

20 each leg **Boxing Progressive Lunge Kick** - deep Lunge and front kick straight on - push with foot into Pad at Pad Holder's stomach height. Run to cones and do 10 **Split Jump Lunge**

And repeat with 10 each leg and 5 **Split Jump Lunge** and c/over

EXERCISE FOUR: *Power set*

20 Jab Cross defend then 15 **Split Jump Lunge** – 15 Jabs – 10 **Split Jump Lunge** etc. down to 5 **Split Jump Lunge**.

Change over

EXERCISE FIVE: *Ab's* Boxers need towels and lay down holding abs at angle

Jabs Left – Right and lay down then up to Left side only and Punch wide for 2 Jabs and lay down and repeat to right side Right Arm Double Punch repeat for 1 minute.

And C/over

RECOVER AND STRETCH