



# BOOTCAMP PRO WORKOUTS

**FOCUS:** *Boxing with Running Focus*

**EQUIPMENT:** *Cones, Timer, Step or Bench*

**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 20 sec – Push ups 20 sec x3

Upper cuts – **Squat Jumps** x3

Hooks – Sit ups and put a cross jab at top for oblique's x3

C/over

Repeat but change to

Cross Jab – Dips x3

Upper Cuts – **Burpees** x3

Hooks – **Split Jump Lunge** x3

**EXERCISE ONE:** *Running Drill Leg Focus 15 min*

Set out large square with cones, Campers in partners starting at the corners (you can double up)

15 High Right Leg Kicks, Boxers then run around outside of square to diagonal opposite corner and Pad Holder cuts through the centre to same cone. From here they continue with

15 High Left Leg Kicks, and run back to opposite corner

15 High Right Knees (make them drive hard with knee core engaged at all times)

15 High Left Knees – Repeat whole sequence with 10reps and 5reps

Then Change to

15 Jabs holding a Low Squat position

15 low Upper Cuts keep Squat position – Repeat 10 and 5

15 Power Hooks – 15 Squat Jump Punch (Jump up and punch from Squat position over head into pads)

Then Repeat with 10 and 5 and Change over when complete

C/over



**EXERCISE TWO:** Place out 3 cones in a line, one line for each pair.

30 seconds of punching into pads, run back to 1st cone, 30 seconds Uppercuts, run to 2<sup>nd</sup> cone and 30 seconds Hooks and run to 3<sup>rd</sup> cone.

When at 3<sup>rd</sup> cone Boxer places shoulder into Pad and pushes Pad holder back to start.

C/over

When back at start get down and time everyone together (they will be tired). Boxers down on ground facing outwards, pad holders kneeling holding pads, 30 seconds punching up straight both arms together and then cross for 30 seconds and repeat x3.

(Can pick up the resistance walk to a jog - it works the legs harder)

**EXERCISE THREE:** Pad holders and Boxers at one end if possible have bench at other end, start with 21 Jabs then run to other end and do 21 Dips (both Pad holders and Boxers).

Continue down to 3 going down in 3's and keep them moving fast, and run to other end. No walking

C/over

Repeat with Sit up on ground or **Jump Squats** if tired.

## **RECOVER AND STRETCH**