

# BOOT CAMP PRO WORKOUTS



**FOCUS:** *Boxing*

**EQUIP:** *Cones, gloves, pads, circuit cards.*

**EXERCISE ONE:** Boxing Warm up Drill. 2 Pad Holders and 1 Boxer spaced out about the size of a basketball court width.

30 seconds Double time Jabs – run to other side and back – Slow Right Jab defend – Left Jab defend – Pad holders Push ups

30 seconds Hooks Double time – run to other side and back – 30 seconds Slow Hooks – Pad holders **Scottie Dogs**

30 seconds Upper Cuts double time – run to other side and back – 30 seconds Slow Upper Cuts – Pad holder **Jump Squats**

C/over also change Pad holder exercises to:

Dips (if possible legs straight) – **Split Jump Lunges** – Sprints up and back the distance.

After all 3 rounds go into Square Drill

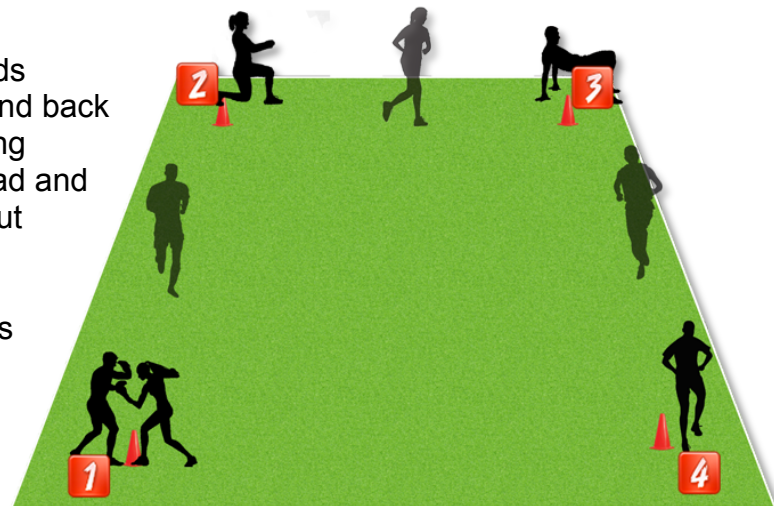
**EXERCISE TWO:** *Square Drill. 10 minutes*

**NOTE:** *Pad Holders must do mini circuit continually while Boxers are away from them: 5 **Half Jacks** – 5 **Squat Jumps** alt hands to ground – 5 **High knees** continuing*

## **Half Jacks - Targets Glutes / Core**

With feet firmly on floor, bend at waist, hands together in front of chest. Quickly hop out and back in repeatedly (like you would doing a jumping jack), moving only your legs. Keep your head and core stationary. Perform each rep quickly but gently.

Place 4 cones out in 4 corners large area as above. Chose 4 exercises, one on each cone using any exercise you select (TIP: use Boot Camp Pro Workouts circuit cards).



Boxers in middle going for a total of 4 minutes.

30 seconds of sprinting jabs run to 1<sup>st</sup> cone and do allocated exercise for 15 seconds.

Run back to Pad holder, Pad holder call the exercise (so Hooks for example) for 30 seconds and run to 1<sup>st</sup> cone do 15 seconds then move to 2<sup>nd</sup> cone for 10 seconds and back to Pad Holder.



Continue boxing for 30seconds then do 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> exercise for 15 sec, 10 seconds and 10 seconds for last corner and return to Pad Holder and Change over.

Continue until all exercises are done.

**EXERCISE THREE:** Group Sit ups in a line locking arms and sit ups for 1 minute.

Change 2 people on end back to start and go for 45 seconds and change again.

Go for 30 seconds on last round - make them hold slow down for 3 counts.

## **RECOVER AND STRETCH**