



FOCUS: *Boxing*

EQUIP: *Cones, DB's, Timer & Large Area, wall, gloves & pads.*

WARM UP: Campers start facing Pad Holders with cones behind them. 3 lines of cones (15 metres/50 feet apart).

Cross Jab for 30 seconds, Upper cuts 30 seconds, Hooks 30 seconds

Cross Jab x 2 – **High Knees** (1st 2 do **Tuck Jumps**) x 2 continue up in 2's until you they reach 20.

Jab 30 seconds backward run to first cone Jab 30 sec, run to 2nd cone and third then push into Pad Holder with shoulder into Pad and push them back to the start using legs. C/over Partners

10 Hooks run up to cone, 20 Hooks run cone twice, 30 Hooks run 3 times, up to 50, Partners do Shuffles / Reverse Lunge.

Kneel down Punch upwards into pads whilst Partner stands behind and over them.

10 Jabs, 10 Shuffles, 10 Squat/**High Knees**, Lunge to cones, Partners back to back Squat or wall hold if one is available.

Repeat up to 20 and C/over.

EXERCISE ONE: Set up mats at each end with Campers starting at middle point in centre (both do Shuffle and Push Ups)

Working together 2 Cross Jabs, 2 **Side Shuffle** Feet, split and run back to mats drop do 2 Push Ups, then 3 Cross Jabs, 3 **Side Shuffle** Feet, run back drop 3 Push Ups etc. ,4,5,6,7,8,9,10

C/over when changed over substitute the Push Ups for **Split Jump Lunges**.

EXERCISE TWO: Pad Holders call the number out 5 L have them run back to cone and drop on to stomach straight back, 6 R, 10 Upper Cuts, Knees etc. Pad holders call it - 3 minutes on timer. C/over

EXERCISE THREE: *Pairs Ab's Workout*

Both working together as a team, 10 Cross Jabs standing both cross legs and roll backwards on to mat hands touch ground behind head then cross legs and stand and clap hands on standing, then do 20 Cross Jabs and 2 **Full Sit Ups**, up to 50 Cross Jabs and 5 **Full Sit Ups** and then change over.

On changeover substitute the **Full Sit Ups** for **Burpees Jump Squat** Punch, so they do 10 Cross Jabs do 1 **Burpees** and do a **Jump Squat** Punch.

RECOVER AND STRETCH