



BOOTCAMP PRO WORKOUTS

FOCUS: Boxing & Cardio combined

EQUIP: Cones, Gloves and Pads

WARM-UP: Light Boxing – Setup 2 lines of cones spaced 10mtrs/32ft apart.

At Start line 30 sec Straight Jabs – Backward Run to 2nd line of cones – 2 Push-ups
At 2nd line – 30 sec Upper cuts – Sprint Back to start line – 2 Push ups – 30 sec High
Punches – Backward Run 2nd line – 2 Push-ups. x3

2nd round 30 sec Jabs – 30 sec Uppers – 30 sec High Punches – drop at start line 2 Push
ups – Backward Run to 2nd line – 2 **Squat Jumps** hands behind head run forward. x3

3rd round Repeat above Drill with 2 Push ups, 2 Squats and 2 **Full Sit Ups** after Jabs at
start line – Backward run to 2nd line and drop and do 30 seconds of **Half Sit Ups**.

Pad Holders 1st round Push ups, 2nd round **Jump Squats**, 3rd **Scottie Dogs**
C/over

EXERCISE ONE: Boxing Line Drill

Add a 3rd line of cones to above (spaced out 10mtrs/32ft apart, Boxers and Pad holders
spaced out 1 meter apart; you will use these 3 lines throughout the program).

10 sec Straight Jabs – 10 **Burpees** – 1 run

10 sec Straight / 10 sec Uppers – 10 Get up's – 2 runs

10 sec Straight / 10 sec Uppers / 10 sec High Jabs – 10 **V Push ups** – 3 runs

Pad holders while Boxers are doing **Burpees** etc. using lines jog to 2nd line at 2nd line sprint
to 3rd line and repeat on way back. Jog to middle line and sprint it home.

EXERCISE TWO: Cardio

10 sec Straight Speed Jabs – Run to 1st line 10 sec Star Jumps

20 sec Straight Speed Jabs – Run to 2nd line 20 sec **High Knees**

30 sec Straight Speed Jabs – Run to 3rd line 30 sec **Fast Feet**

10 sec Straight Speed Jabs – Backward run to 3rd line 10 sec **Fast Feet**

20 sec Straight Speed Jabs – Backward run to 2nd line 20 sec **High Knees**

30 sec Straight Speed Jabs – Backward run to start 30 sec Star Jumps

Pad holders go with them forward run and Boxers backward run both do exercises

C/over

Change exercise's to **Scottie Dogs**, **Jump Squats**, Push ups

EXERCISE THREE: Ab's – No Gloves

Full Sit Ups 10 hold last one at 45 deg angle for 10 sec

Repeat 10 **Full Sit Ups** hold last one 20 sec

Repeat 10 **Full Sit Ups** hold last one 30 sec

Move apart **Bicycle Sit Ups** – 10 each side then hold for 8 each side x 4 – keep shoulders
off floor all the way through

Plank 1 minute – Side Plank 30 sec each side

RECOVER AND STRETCH