

## **Boxing Workout**

**3 mins Stretch** (Legs, Shoulders, Neck, Hips, Ankles, Wrists)

**2 Mins 1 Leg Hops** (1 Min per Leg)

**30 Sit Outs** (15 per Side)

**40 Squats**

**25 Push Ups**

**14 Shuttle Sprints** (Place cones 12 yards apart with a 3rd cone directly in the middle. Start at middle cone and sprint to one cone, touch, and sprint all the way through the far cones. Reset at middle cone - alternate starting direction each time - 7 right/7 left)

**3 rds Shadow Boxing** (weighted) -Heavy -Medium -Light

Shake out shoulders and arms after 3rd round

**Footwork Drills** (w/ medium or light hand weights)

**1rd** - Jab Forward / Back Ward (Jab and step. Reset to boxing stance after each step. Keep rear hand up in defensive position. Alternate 10 forward/10 backward continuously for one round)

**1rd** - Jab, Cross (Jab and cross with steps. Reset to boxing stance after each rep. Alternate 10 forward/10 backward continuously for one round)

**1rd** - Jab, Cross, Lead Hook w/quarter turn / Cross, Jab, Rear Hook w/ quarter turn (minute and a half per combination)

**1rd**- Cross to stance switch (throw cross and bring rear foot forward landing in opposite stance each time)

Drop hand weights. Next drills are with agility ladder or other partitions you can diy at home

**1rd** - Linebacker footwork / Forward, back, bob & weave (working 10 right/10 left)/High Knees (1 minute per)

**1rd** - Bear crawls / Backward Linebacker footwork / Plank Jacks (1 minute per)

Shadow Box (light or unweighted)

**2 rds** - Focusing on combinations, defensive handwork (stay on the track), and head movement (throwing punches from different angles and head placement)

**1rd Sprints**

- 1:30 Average pace (no slacking)
- :45 seconds lower pace for recovery (but keep moving)
- :45 seconds full boar sprints

**30 Push ups**

**30 Sit ups**

**30 Leg raises**

**30 Jump Squats**

**1 min plank**