



Daily Boxing Workout

3rds @ 3min Jump Rope
3rds @ 3min Dynamic Stretch
3rds @ 3min Technical Practice

3rds @ 3min Spar
3rds @ 3min Heavy Bags
3rds @ 3min Light Bags
3rds @ 3min Shadowbox
3rds @ 3min Exercises *
3rds @ 3min Punches in Place

3rds @ 3min Static Stretch

*Exercises

Basic 10reps each x 5 cycles

Intermediate 1min each x 2 cycles

(Shoulder Press, Bent Row, Squats, Push-ups, Situps)