

## **Boxing for Fitness Circuit Training**

With the resurgence of Boxing for Fitness in gyms and personal training studios it has become quite clear that no matter which way you look at it boxing training is still one of the most beneficial and motivating forms of exercises around.

Laying claim to being the only training method that has stood the test of time boxing can proudly stand on its own as a superior training tool for Personal Trainers.

Boxing training does not only involve wearing a pair of gloves and pounding a bag or focus pads. There is a lot more to this skilful art which is one of the main reasons that boxers are so well defined.

Below we will go through a basic training routine which has been modified to suit the everyday gym participant with the added benefit of not requiring any boxing equipment or training partner.

The only equipment you will require is a set of 2kg dumbbells, a skipping rope, and if possible a 4kg medicine ball.

To start with we need to warm up and what better way than a mini circuit routine utilising all of the above equipment.

We are going to start with a 1 minute skipping round. Now if you can't skip don't automatically throw the rope away and give up! There are many alternatives. You can lay the rope out in front of you and shuffle side to side touching the ends of the rope (the handles).

Continue skipping or side to side shuffling for 1 minute. After a minute drop to the floor and complete a set of 5 slow push ups. Make sure you go through the whole range of motion. Do not rush through this remember it is a warm up.

After your 5 push ups stand in front of a mirror and practice some shadow boxing for the next minute. This simply involves throwing punches into the air (with good technique). The punches to go through are jabs, crosses, and uppercuts.

After another minute of shadow boxing drop to the floor and do another 5 push ups. Once complete pick up the medicine balls and complete 30 seconds of slow squats holding the ball out in front. After 30 seconds lie on your back and complete slow sit ups for the next 30 seconds.

Once you have completed the sit ups and squats do another set of 5 push ups.

Repeat this mini circuit but next time you do the shadow boxing component use the

2kg dumbbells. This will add resistance to your punches and increase your body temperature and heart rate a little more.

This warm up should take about 8 minutes to complete. Now you're on your way for the next 20 minutes of your workout.

Holding the 2kg dumbbells in a guard position like your boxing punch out 10 left jabs making sure you're not hyper extending the elbow.

Once you have done a set of 10 left jabs complete a set of 10 right crosses. Put the weights down and drop to the floor and do a set of 10 narrow grip push ups.

Continue on with 8 left jabs and 8 right crosses and then again drop to the floor and complete 8 narrow grip push ups.

Follow this sequence till you get to 2 left jabs, 2 right crosses, and 2 push ups. Remember you are going down in increments of 2.

Now is your recovery which will be 1 minute of skipping nonstop. If you stop start the minute again! This is all about discipline.

Onto the next routine you will need your medicine ball. Holding the medicine ball out in front of your body complete a set of walking lunges up and down the room. You want to be able to do at least 10 on each leg.

After a set of walking lunges still holding the ball in front complete a set of 10 squats. Straight away pick up the 2kg dumbbells and start punching out in front from left to right for 30 seconds.

After 30 seconds pick the ball up and go again with 10 walking lunges on each leg and then 10 squats. Again pick up the dumbbells and this punch out in front for 30 seconds making sure you are jab crossing from left to right.

You need to complete this routine once more so in total you would have done it three times.

Once you have completed the 3 sets pick up your skipping rope and skip for another minute nonstop.

Onto core stability place yourself in a prone position. Hold this position for 30 seconds and then roll onto your back and perform nonstop crunches for 30 seconds. Repeat this 3 times through.

Once you have completed this routine 3 times through grab your rope and do 1 final

minute of skipping.

This is the main body of the session. You should be feeling pretty exhausted by now. If you found this too hard or too difficult there are many ways to modify it.

If you want a more challenging workout then increase the weight of the dumbbells and the medicine ball and try to have less rest in between sets.

On the other hand if you find the routine was too hard and you won't stick to it then reduce the weight of the dumbbells and medicine balls and perhaps increase your rest time in between sets.

Remember to always finish with a light cool down and stretch. A walk around the room for a few minutes is always a good way of letting your heart rate come down followed by a total body stretch.