

Super Cardio routines for your boxing sessions

Exercise 1:

20 straight punches (jabs & crosses) followed by 20 dynamic lunge jumps and 2 pushups

20 uppercuts followed by 20 dynamic lunges and 4 pushups

20 jab crosses straight above the head followed by 20 lunge jumps and then 6 pushups

20 jab crosses while in sit up position followed by 20 lunge jumps and then do 8 pushups

To finish off the exercise complete 20 straight punches, 20 uppercuts, 20 jab crosses above the head, and 20 jab crosses while in sit up position followed by 20 lunge jumps and 10 pushups

Exercise 2:

10 straight punches (POWER)

20 Uppercuts (SPEED)

30 straight punches (ABOVE THE HEAD)

40 jab crosses (IN SIT UP POSITION)

After you have completed 40 jab crosses in sit up position complete 10 sit ups..and START AGAIN.

Exercise 3:

Lay a skipping rope between you and your partner. Have pad holder and boxer facing each other at one end of the rope (one on each side of the rope handle).

Start with 1 push up and then get up and do 2 straight punches – shuffle across to the other side and do one squat and then do 2 uppercuts – shuffle back across to the start and do 2 pushups and 4 straight punches – shuffle across to the other side and do 2 squats and then 4 uppercuts.

As you can see in this sequence your exercises (pushups and squats) go up by 1 repetition and your punches go up by 2. So where you do your squat exercises you complete your uppercuts and where you do your pushup exercises you complete your jab crosses.

Exercise 4:

With this exercise make sure you have enough room to do some 10 metre sprints. Have the boxer start on his/her stomach in front of the pad holder.

Start at 10 punches and then 1 sprint – run back- lie on stomach and then get back up and do 20 straight punches and 2 sprints. Work your way up to 30 punches, 3 sprints, 40 punches, 4 sprints and then work your way down. **ALWAYWA MAKING SURE THE BOXER STARTS ON THEIR STOMACH BEFORE COMPLETING THEIR NEXT SET OF PUNCHES!**

Exercise 5:

Combination:

Single jab – pause - double jab –pause - single jab cross, duck cross.