

# Boxing Fitness Workout

15- 3 Minute Rounds with 1 Minute Rest Period

Optional Material List – Light Dumbbells, Step or chair, Gloves, Bag

## Round 1

1<sup>st</sup> & 3<sup>rd</sup> Rotation (1 Minute Rounds)

- 1) Walk
- 2) Run
- 3) Side Shuffle

2<sup>nd</sup> & 4<sup>th</sup> Rotation (1 Minute Rounds)

- 1) Crossover front to back
- 2) Side Shuffle Swinging Arms
- 3) Same as 2 opposite direction

## Round 2

1<sup>st</sup> & 3<sup>rd</sup> Rotation (30 Second Rounds)

- 1) Toe Touches
- 2) Jump up & down on step
- 3) 1 Foot on Bench & lunge pulse
- 4) Face opposite direction, keep same foot on bench & pulse opposite lunge position
- 5) Same as 3 other leg
- 6) Same as 4 other leg

2<sup>nd</sup> & 4<sup>th</sup> Rotation (30 Second Rounds)

- 1) Toe Touches
- 2) Jump up & down on step
- 3) Stand on 1 end of bench (or on flat ground) and fast touch ground & step same leg
- 4) Same as 3 other leg
- 5) Stand on one end of bench (or on flat ground) and do a straight leg raise, to the side.
- 6) Same as 5 other leg

## Round 3

Dumbbell punches with call outs or Advanced Kickboxing CD

## Round 4

Bag work with call outs or Advanced Kickboxing CD

## Round 5

Uppercuts & focus mitts drills (alternate between uppercuts and focus mitts)

## Round 6

ABS

1<sup>st</sup> & 3<sup>rd</sup> Rotation (30 Second Rounds)

- 1) Flutter Kicks
- 2) V UPS
- 3) Hip Rockers
- 4) Bicycles
- 5) Side Crunch
- 6) Same as 5 other side

2<sup>nd</sup> & 4<sup>th</sup> Rotation (30 Second Rounds)

- 1) Plank
- 2) Table Maker (Crab Plank)
- 3) 1 Leg Out Table Maker
- 4) Same as 4 other leg
- 5) Abducts one side
- 6) Abducts other side