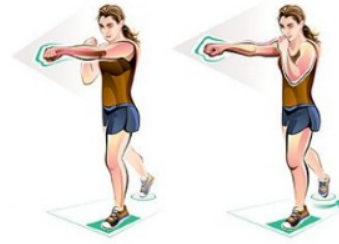


## High Knees to Skips - Warmup

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- Perform 10 High Knees and 10 Shadowbox Punches as a warmup for an allocated time.

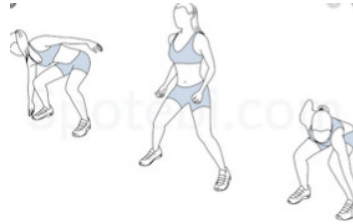


Complete 2 sets of 30 secs repetitions. Rest between sets.

## Side shuffle with 4 Punches - Warmup

---

- Start with feet hip width apart and knees soft. Shuffle sideways to the left a few steps then come back to the right. Repeat for time or for reps allocated.



Complete 2 sets of 30 secs repetitions. Rest between sets.

## Alt Lunge with Arm Circles - Warmup

---

- Feet hip width apart, arms by side
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Maintain upright posture throughout



Complete 2 sets of 30 secs repetitions. Rest between sets.

## **Jab Cross, Jab Jab Cross Cross, 3x Jabs 3x Crosses (Repeat then add 2nd Combo)**

---

- Box Stance - Left foot forward for right handers. Right foot forward for left handers. When punching use shoulder and hip in movement to get full body workout.



Complete sets of 40 secs repetitions. Rest between sets.

## **20x Uppercuts, Lean Back (Repeat then add 3rd Combo)**

---

- Starting in the boxing stance (left foot in front of right) With Fists up in front of your cheeks, elbows tucked in. Drop at the hips and knees while bringing your left fist down to your hip then punch up twice while driving up through the hips. Repeat on the right side twice then pause and repeat.



Complete sets of 40 secs repetitions. Rest between sets.

## **2x Elbow Drives Duck and Weave - Pyramid up to 10x (Repeat then add 4th Combo)**

---

- Starting in the boxing stance (left foot in front of right) With Fists up in front of your cheeks, elbows tucked in. Drop at the hips and knees while bringing your left fist down to your hip then punch up twice while driving up through the hips. Repeat on the right side twice then pause and repeat.

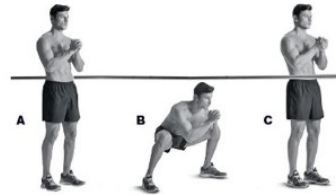


Complete sets of 40 secs repetitions. Rest between sets.

## Duck and Weave after each combo of Elbow Drives

---

- Start in standing position and as you step to the side you drop low into a duck (squat) then stand up as you come out the other side. Repeat back the other way for time or for reps allocated.



Complete sets of repetitions. Rest between sets.

## Reverse Lunge with Ground Punch into Front Kick (Alt Sides then add 5th Combo)

---

- Start with body in a lunge position with back knee as close to ground as possible. Holding this position move arms in a running motion at side of body with elbows bent. Continue for allocated time.



Complete sets of 40 secs repetitions. Rest between sets.

## Front Kicks to Lunge Ground Punch

---

In the boxing stance drive the knee of back leg up and kick out then return to start and swap stance before completing kick on other leg.



Complete sets of repetitions. Rest between sets.

## Jab Cross, 2x Uppers with 2x Hooks

---

- Perform two straight then two uppercuts continuously for time or for reps allocated.



Complete sets of 40 secs repetitions. Rest between sets.

## Hook Punch one each side

---

- In boxing stance, start with left side and to perform hook punch bring left fist to side of face and lower your body. Bring arm out to side with bent elbow and palm facing your face and rotate arm and body until left fist is in line with right shoulder then return to face and repeat for allocated punches



Complete sets of repetitions. Rest between sets.

### 10x Situp Punches into 1x Pushup (Repeat 9 S/U, 2x P/U)

---

- Starting in a lying position with your knees bent and feet flat on the floor. Bracing your core and using your arms come away from the floor in a situp and throw set number of punches then return to floor. Repeat for time or for reps allocated.



Complete sets of repetitions. Rest between sets.

### Push Ups (Repeat until you do 1x Situp Punch & 10 Pushups)

---

- Supported on hands and toes
- Body in a plank like position
- Lower chest towards floor
- Push up slowly



Complete sets of repetitions. Rest between sets.

## Jab Cross, 2x Uppers with 2x Hooks (Repeat Ladder in Reverse Order)

---

- Perform two straight then two uppercuts continuously for time or for reps allocated.



Complete sets of repetitions. Rest between sets.

## Hook punches one each side

---

- In boxing stance, start with left side and to perform hook punch bring left fist to side of face and lower your body. Bring arm out to side with bent elbow and palm facing your face and rotate arm and body until left fist is in line with right shoulder then return to face and repeat for allocated punches



Complete sets of repetitions. Rest between sets.

## Reverse Lunge with Ground Punch into Front Kick (Alt Sides then add 3rd Combo)

---

- Start with body in a lunge position with back knee as close to ground as possible. Holding this position move arms in a running motion at side of body with elbows bent. Continue for allocated time.



Complete sets of 40 secs repetitions. Rest between sets.

## Front Kick after Lunge Ground Punch

---

In the boxing stance drive the knee of back leg up and kick out then return to start and swap stance before completing kick on other leg.



Complete sets of repetitions. Rest between sets.

## 2x Elbow Drives Duck and Weave - Pyramid up to 10x (Repeat then add 4th Combo)

---

- Starting in the boxing stance (left foot in front of right) With Fists up in front of your cheeks, elbows tucked in. Drop at the hips and knees while bringing your left fist down to your hip then punch up twice while driving up through the hips. Repeat on the right side twice then pause and repeat.

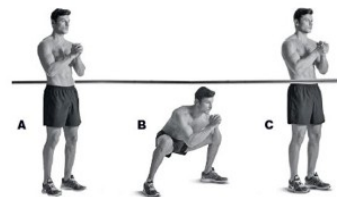


Complete sets of 40 secs repetitions. Rest between sets.

## Duck and Weave after each elbow drive

---

- Start in standing position and as you step to the side you drop low into a duck (squat) then stand up as you come out the other side. Repeat back the other way for time or for reps allocated.



Complete sets of repetitions. Rest between sets.

## 20x Uppercuts, Lean Back (Repeat then go into 5th Combo)

---

- Starting in the boxing stance (left foot in front of right) With Fists up in front of your cheeks, elbows tucked in. Drop at the hips and knees while bringing your left fist down to your hip then punch up twice while driving up through the hips. Repeat on the right side twice then pause and repeat.



Complete sets of 40 secs repetitions. Rest between sets.

## Jab Cross, Jab Jab Cross Cross, 3x Jabs 3x Crosses

---

- Box Stance - Left foot forward for right handers. Right foot forward for left handers. When punching use shoulder and hip in movement to get full body workout.



Complete sets of repetitions. Rest between sets.



## **10x Plank Punches on each side into 1x Squat Jumps (9x Plank Punches into 2x Squat Jumps etc)**

---

- Lie face down, support body on forearms & toes
- Ankle, hip & shoulder in alignment
- Maintain neutral spine position



Hold for seconds. Repeat times.

## **Squat Jump (Repeat until you 1x Plank Punch, 10x Squat Jumps)**

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- Stand, feet hip width apart
- Drop rapidly into a partial squat position
- Immediately jump for maximum height
- Land with in semi squat position
- Repeat
- Aim to jump for maximum height



Complete sets of repetitions. Rest between sets.

## Glute Stretch

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- Fold one leg over the knee of the bent leg and hold for 20 secs. Lift bent knee off ground for increase stretch in glute. Remember to breathe to improve stretch. Repeat on other side.



Complete sets of repetitions. Rest between sets.

## Low Back Stretch - Lying

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- Lie on back
- One leg straight, other leg bent
- Roll bent leg across body, assist with opposite hand
- Shoulders remain flat on floor



Hold for seconds. Repeat times.

## Groin Stretch

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- 
- Sitting on floor bring soles of your feet together. With knees flared out gently push elbows down on inside of thigh to increase stretch. Remember to breathe to improve stretch. Hold for 20-25 secs.



Complete sets of repetitions. Rest between sets.

## Childs Pose

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- Kneeling on floor with feet together and knees apart. Reach hands out in front of you extended. Sit back into your heels to increase stretch. Remember to breathe to improve stretch. Hold for 20-25 secs



Complete sets of repetitions. Rest between sets.

## Hip Flexor Stetch

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- Start with one leg in front of the other in a lunge position. Make sure front foot in forward of the front knee. Draw in belly button and lean forward while raising both arms above your head. Remember to breathe to improve stretch. Hold for 20-25 secs. Repeat on other side.



Complete sets of repetitions. Rest between sets.

## Chest Stretch - Door

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- Position both arms on either side of doorway and slowly lean forward feeling a stretch in your chest and shoulders. Remember to breathe to improve stretch. Hold for 20-25 secs



Complete sets of repetitions. Rest between sets.