

# 1-4

## COLLEEN BRIDGES POWER4PARKINSONS.COM

### EQUIPMENT

Warm-up #1 requires no equipment. Chairs might be necessary for a  $\frac{3}{4}$  class.

\*This is a progressive warm-up. It allows the boxers the opportunity to learn the basic movement in a safe manner before increasing the intensity or the complexity of the move.

\*Cue boxers to remain at the level they feel is most beneficial for them until form/technic is strong.

### WARM-UP #1

**MICRO-WARMUPS TO BEGIN- EMPHASIZE POSTURE AND BREATHING**

**TIME FOR EACH MOVE IS DETERMINED BY COACH**

- 1. MARCH (IN PLACE) /SWING ARMS FORWARD AND BACK**
  - 2. MARCH/RAINBOW ARMS**
  - 3. MARCH/ ROTATE UPPER BODY TO THE RIGHT AND DO RAINBOW ARMS (ALTERNATE SIDES) \*VIDEO DEMONSTRATION AVAILABLE**
  - 4. MARCH/JAB-CROSS**
- REPEAT ALL OF THE ABOVE**

- 1. SQUATS (MODIFICATION- WALL SQUATS OR FRANKENSTIENS)**
  - 2. SQUAT/SWING ARMS OVER HEAD (SPREAD FINGERS A PART AT THE TOP)**
  - 3. SQUAT/SWING ARMS OVER HEAD/HEEL RAISE**
  - 4. SQUAT JUMP WITH ARM SWING**  
\* CUE BOXERS TO DO THE LEVEL BEST FOR THEM.
  - 5. JAB/CROSS/LEFT HOOK/RIGHT HOOK**
- REPEAT ALL OF THE ABOVE**

- 1. TAP ONE FOOT BEHIND (OR REVERSE LUNGE)/ "T" ARMS**
  - 2. TAP 1 FOOT BEHIND/"T" ARMS & LIFT 1 KNEE UP (ALTERNATE KNEES)**
  - 3. TAP BEHIND/"T" ARMS & LIFT 1 KNEE/STOMP LIFTED FOOT ON FLOOR**
  - 4. JAB/CROSS/LEFT HOOK/RIGHT HOOK/LEFT CUT/RIGHT CUT**
- REPEAT ALL OF THE ABOVE**

- 1. (CROSS ARMS OVER CHEST) ROTATE SIDE TO SIDE TURNING HIPS TOO**
  - 2. CROSS-BODY PUSH (VIDEO DEMONSTRATION AVAILABLE)**
  - 3.  $\frac{1}{2}$  WARRIOR/CROSS-BODY PUSH**
  - 4. JAB/CROSS/L HOOK/R HOOK/L CUT/R CUT/ 2 CROSS BODY PUNCHES**
- REPEAT ALL OF THE ABOVE**

- 1. STEP Laterally (BOTH FEET TO THE RIGHT THEN BOTH FEET LEFT)**
  - 2. STEP Laterally THEN PINCH SHOULDER BLADES TOGETHER**
  - 3. STEP Laterally/"ROW" ARMS AND SHOULDERS (PINCH BLADES!)**
  - 4. JAB/CROSS/2 HOOKS/2 CUTS/2 CROSS-BODY/LATERAL STEP RIGHT/LEFT**
- REPEAT ALL OF THE ABOVE**

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## EQUIPMENT

WARM-UP #2 requires no Equipment.

The “dead-lift” (or hinge movement)  
Needs to be carefully watched by coaches.  
Begin all boxers with a very simple version  
Of the hinge making sure to keep eyes lifted  
And shoulder blades pinched so boxers do not  
Have a rounded back.

## WARM-UP #2

1. JOG/MARCH IN PLACE
2. SQUATS
3. REVERSE LUNGE (OR TAP ONE FOOT BEHIND)
4. EASY DEADLIFT \*CORRECT FORM IS CRUCIAL
5. JOG/MARCH IN PLACE

1. JACKS
2. SQUAT/STAND/”T” ARMS
3. REVERSE LUNGE/TORSO ROTATION  
\*ROTATE IN THE DIRECTION OF THE FRONT LEG
4. EASY DEADLIFT/STAND/REACH ARMS OVERHEAD
5. JACKS

1. JOG/HOLD ARMS OVERHEAD AND DRIVE KNEES UP
2. SQUAT/STAND &”T” ARMS/LIFT ONE KNEE UP
3. REVERSE LUNGE AND HOLD WHILE DOING HAYTOSS  
\*TAP THE FRONT KNEE THEN ROTATE UPPERBODY  
TO THE OPPOSITE SHOULDER

### Shadow boxing drill

Call out various combos and make sure to add foot work.

Example: 1 step forward/ 2 jabs

1 step back/Jab-cross-jab

Right slip/2 right uppercuts/pivot right

1 right lateral step/bob-n-weave/jab-cross

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## EQUIPMENT

Warm-up #3 will require  
Jump ropes, bosus/airex pads  
Light/small med balls, drum sticks  
And large exercise balls to hit sticks on.

## WARM-UP #3- CIRCUIT

### Micro-warmups to begin

#### Station 1- Med balls/partner drill

1. Step 1 foot forward and bounce pass ball to partner  
\*cue to toss from overhead if possible
2. (turn partners sideways) Lateral ball pass

#### Station 2- Jump Ropes needed OR hurdle

1. Have Boxers jump Rope BUT if they are unable to use the jump rope THEN have them take giant steps forward and back while doing arm circles

#### Station 3- Drum Sticks/balls or bags to hit sticks on

1. If possible have a coach lead the boxers through a simple routine (USE MUSIC) that challenges coordination, reaction time and stresses BIG MOVEMENTS!
2. Have Boxers hit the ball/bags for 10 seconds as hard as they can. Do this 5x

#### Station 4- Bosu/airex pad for progressive version only

1. Frankensteins
2. Opposite arm/leg abduction
3. Boxer arms/butt kicks
4. "W" arms/1 knee lift (or heel lifts)

#### Station 5- shadow boxing (use mirror if possible)

1. Slow Jab-Cross (use this time to review form)
2. Fast jab-Cross
3. Slow Hooks (review form)
4. Fast (powerful) Hooks
5. Slow uppercuts (review form)
6. Fast (powerful) Uppercuts

Repeat 2x then call out various combos AND speeds!

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