

## OBJECTIVE

This routine focuses on footwork, speed, power, vocal projection and much more.

## EQUIPMENT

Jump Rope (or boxers can pretend to jump rope), heavy bags, mitts, ropes, bosus, speed bags, tubes, floor mats

## WARM-UP

Micro-warmups/breathe and body awareness check

1. 20 seconds- Jump Rope- 20x Jacks- 10x Bob-n-weave
2. 20 seconds- Jump Rope- 20x Franks/overhead press with arms- 10x boxers bounce
3. 20 seconds- Jump Rope- 20x Opposite Abduction- 10x Shuffle
4. 20 seconds- Jump Rope- 20x Lateral Monster step/row arms 10 bob-n-weave, 10 boxer bounces, 10 seconds of shuffling

REPEAT IF NEEDED

\*can add agility ladder work, pivots, obstacle course

## WORK PHASE- BOXING ACCUMULATOR

1. JAB/CROSS/RIGHT KNEE- FOR 1 MINUTE OR SO
2. JAB/CROSS/R KNEE/2 BOB-N-WEAVE- FOR 1 MINUTE OR SO
3. JAB/CROSS/R KNEE/2 BOB-N-WEAVE/10 RIGHT AND LEFT LEG KICKS
4. JAB/CROSS/R KNEE/2 BOB-N-WEAVE/10 KICKS/ 2X SHUFFLE FORWARD AND BACK
5. REPEAT ALL THE ABOVE AND ADD ON 60 SECONDS OF "KNOCK OUTS" ("KNOCK OUT") IS WHEN THEY HIT THE BAG AS FAST/HARD AS THEY CAN)
6. JAB/CROSS PYRAMID TO 10 THEN 10 TO 1. HAVE BOXERS COUNT AS THEY PUNCH.
7. JAB/CROSS PYRAMID TO 10 THEN 10 TO 1 \*BOXERS COUNT OUT LOUD\* UPPERCUT PYRAMID TO 10 THEN 10 TO 1

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**8. JAB/CROSS PYRAMID TO 10 THEN 10 TO 1 \*BOXERS COUNT OUT LOUD\***  
**UPPERCUT PYRAMID TO 10 THEN 10 TO 1**  
**HOOK PYRAMID TO 10 THEN 10 TO 1**

## **WORK PHASE- STRENGTH CIRCUIT**

6 rounds/ 3 minutes or time that works best for you.

1. Mountain Climbers- cue them for long straight line with their body, shoulders stay over their arms and head is neutral position.

2. Ropes slaps- cue them to keep arms out straight (rather than “rowing” their arms) and to squat with each slap.

3. Push-up- same cues as #1 BUT watch elbows...  
\*progressive version- perform on the bosu

4. Speed bag- \*Progressive version- march/jog while performing the speed bag.

5. Lateral Pulldown with tube- 1. Anchor the tube high  
2. Stand facing the anchor in split-stance  
3. Hold one handle with each hand  
4. Arms out straight and s long spine  
5. Pull arms down by their pockets

\*CUE them to NOT bend over!!! Change tubes if they cannot maintain proper posture/stance

\*\*\*Check the library of exercise videos for warm-up exercises and Laterall pull-down.

## **STRETCH**