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### OBJECTIVE

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The warm-up will challenge boxers ability to perform large ROM exercises continuously for 15 minutes.

The “work phase” will challenge boxers memory, focus, speed via rhythm drills, agility and strength.

\*OT Exercise included

### EQUIPMENT

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Chairs, agility circles, drum sticks, exercise balls (to hit drum sticks on), pool noodles, step or pad, weights, ball (place in between knees),

### WARM-UP- ACCUMULATOR STYLE

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\*Accumulator- do one exercise, repeat then add the next and so forth.  
\*have chairs available for those that need to sit.

1. Breathe- Micro-warmups- Body awareness check
2. Rainbows- 10x (rest for 5 seconds then repeat and add on #3)
3. Cross-body Reach- 10x (repeat #2 and #3 then add #4)
4. ½ Warrior/Moses Arms – 10x on each side (repeat #2-4 then add #5)
5. “Jane Fonda”- 10x (repeat #2-5 then add on #6)
6. Squat/Stand/Row arms- 10x \* cue to pinch shoulder blades
7. “T” arms/ Tap one foot back- 10x \* cue lifted chest
8. Jacks- 10x \*cue long arms and eyes on you.
9. Circles- 10x- \*cue big reach in each direction and bent knees at the base of the squat
10. “W” arms/ March- 10x- \*cue high reach then elbows down to ribs and chest lifted.

### “WORK PHASE” – 3 STATIONS/5 MINUTE RDS.

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#### STATION 1-

**BOXING BAGS/MITTS AND AGILITY CIRCLES NEEDED WITH BOXER AT BAG. PLACE THE CIRCLE IN FRONT OF THE BOXER AT THE BAG.**

**1. JAB/CROSS, JAB/CROSS, JAB/CROSS THEN PUNCH ARMS OVERHEAD 10X  
REPEAT FOR 1 MINUTE OR SO...**

**2. STEP ONE FOOT IN/OUT OF CIRCLE (FORWARD AND BACK) 10-12X  
REPEAT WITH THE OPPOSITE FOOT.**

**3. JAB/CROSS, JAB/CROSS, JAB/CROSS THEN 10 UPPERCUTS. REPEAT FOR 1 MINUTE.**

**4. (STAND ON THE LEFT SIDE OF CIRCLE)- STEP RIGHT FOOT IN/OUT OF CIRCLE 10-12X THEN REPEAT WITH THE LEFT FOOT.**

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**5. JAB/CROSS, JAB/CROSS, JAB/CROSS, 10 CUTS, "WALK THE BAG" 5X**

**STATION 2-**

**DRUM STICKS/BALLS, POOL NOODLES, STEP OR PAD NEEDED**

**1. DRUMS- HIT THE BALL AS HARD/FAST AS POSSIBLE FOR 10 SECONDS.  
REST FOR 5 SECONDS AND REPEAT 4X**

**2. STARS WARS WITH NOODLE- HIT THE BALL (OR BAG) WITH THE NOODLE  
1. FROM OVERHEAD \*CUE TO SQUAT 2. AS IF SWINGING A BAT 3.  
ALTERNATE HITTING RIGHT SIDE OF BALL THEN LEFT SIDE OF BALL. MODIFY  
AND ADD YOUR OWN IDEAS.**

**3. SOCCER TAPS ON THE STEP \*CUE LIFTING THE TOES AND PLACING THE  
WHOLE FOOT ON THE STEP. 30X**

**REPEAT AS MUCH AS POSSIBLE UNTIL BELL RINGS.**

**STATION 3-**

**WEIGHTS, STEP, PAD, SQUEEZE BALL, BAR/CHAIR TO HOLD ON TO.**

**1. (PLACE ONE FOOT ON PAD)- BICEP CURL WITH ONE FOOT ON PAD. 15X**

**2. WALL SQUAT/BALL SQUEEZE- PLACE BALL BETWEEN KNEES AND  
SQUEEZE BALL WHILE HOLDING WALL SQUAT. IF POSSIBLE, "T" ARMS FOR  
UPPER BODY STRETCH. \*\*\*MAY BE MODIFIED BY BOXER SITTING IN CHAIR  
AND SQUEEZING BALL IF UNABLE TO PERFORM WALL SQUAT.**

**3. (STEP OR PAD NEEDED)- STEP UP AND DOWN WITH BOTH FEET AND  
SWING ARMS UP OVERHEAD WITH EACH STEP. 20X**

**REPEAT AS MUCH AS POSSIBLE UNTIL THE BELL RINGS**

## STRETCH

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\* Before stretching, review the exercises covered in class and give a short explanation of each and how they benefit the boxers.

1. Breathe-posture check- body awareness check
2. "T" arms and extend one leg out straight with toes to nose. Hold for 20-30 seconds
3. Figure 4 stretch- place right foot on left knee, sit up straight. Hold for 20 seconds. THEN...right foot on left knee and perform ankle circles. Repeat all of #3 with the LEFT foot.
4. "Ring of the Gong"- swing arms side to side.
5. Take head up/down – side to side- ear to shoulder
6. seated "cat/cow"
7. Add your own ideas

## OT- ADDRESSING ADLS

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Coaches- this is a great exercise to do before or after class. Be sure to support boxers with poor balance. Safety first!

Shelf or top of speed bag can be used for this exercise.

1. Place a plastic cup at the top of the shelf.
2. Have boxer reach up and grab cup.
3. Boxer will then squat and rotate to the right to place cup on chair or stool.
4. REPEAT BUT...have boxer rotate LEFT and place cup on stool or chair.

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