

5 BOXING FOR FITNESS ROUTINES

Jab, Cross, duck, 10 straight punches	2 pushups
Jab, Cross, Jab, Cross, duck, 20 straight punches	4 pushups
Jab, Cross, Jab, Cross, Jab, Cross, duck, 30 straight punches	6 pushups
Jab, Cross, Jab, Cross, Jab, Cross, Jab, Cross, duck, 40 straight punches	8 pushups
Jab, Cross, Jab, Cross, Jab, Cross, Jab, Cross, Jab, Cross, duck, 50 straight punches	10 pushups

The jabs and crosses should be power punches while the punches straight after the duck should be speed.

Jab, Cross	10 Uppercuts
Jab, Jab, Cross	20 Uppercuts
Jab, Jab, Jab, Cross	30 Uppercuts
Jab, Jab, Jab, Jab, Cross	40 Uppercuts
5 Jabs, 1 Cross	50 Uppercuts

Still keeping the same leg back start again but this time increase the crosses

Jab, Cross	10 Uppercuts
Jab, Cross, Cross	20 Uppercuts
Jab, Cross, Cross, Cross	30 Uppercuts
Jab, Cross, Cross, Cross, Cross	40 Uppercuts
1 Jab, 5 Crosses	50 Uppercuts

10 Straight Punches	1 Push Up	1 Squat Jump
20 Straight Punches	2 Push Ups	2 Squat Jumps
30 Straight Punches	3 Push Ups	3 Squat Jumps
40 Straight Punches	4 Push Ups	4 Squat Jumps
50 Straight Punches	5 Push Ups	5 Squat Jumps

Work your way down now but substitute the straight punches for uppercuts

Combinations:

- Jab, Cross, Jab, Cross, Duck, Cross, left uppercut
 - Jab, Jab, Right Uppercut. *After 1 minute add on a left uppercut and a right cross. Remember if you are left handed then you must do the opposite to this.*
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Boxers must be in sit up position in front of their partner. Make sure their feet are linked up around their partner's ankles.

10 punches	1 sit up
20 punches	2 sit ups
30 punches	3 sit ups
40 punches	4 sit ups
50 punches	5 sit ups

Work your way back down