

Why Boxing for Fitness?

With boxing trainings immense popularity and proven benefits it's hardly surprising to learn it is one of the most preferred forms of exercise among Personal Trainers and Fitness Instructors. Weight loss, muscular endurance, and cardiovascular fitness are only a fraction of what boxing training offers to its participants.

Through science and research it has become quite clear that boxing for fitness is not just limited to people who want to get fit and lose weight but is now a common form of training for professional athletes and teams wanting to enhance their performance on the sporting field. Over the years coaches and trainers have realised the importance of cross training to an athlete's fitness regime with boxing being the most preferred method used.

Using a variety of skills and techniques boxing as a form of exercise can be transferable to a range of sports including, soccer, rugby, cricket, swimming, tennis, and dancing. All these sports require a degree of physical excellence relating to speed, power, endurance, and balance which only boxing training can provide especially when time is limited.

Boxing for fitness requires no choreography which makes it easy to learn and simple to follow providing there is structure and planning in your routines. You can utilise your training in small spaces as well as creating high intensity exercises with minimal impact and stress on joints.

Over the years much research has been done on the advantages of boxing for fitness over other recreational activities and the results seem to speak for themselves. Following are results of research and studies conducted over the last ten years;

- 10 minutes of skipping can equate to 30 minutes of light jogging
- 60 minute boxing session can expend an average of 2821kj. Equivalent to running 9km on a treadmill
(*Williams & Wilkinson, American College of Sports Medicine*)
- A light to moderate intensity boxing sessions can expend between **354 to 1035** calories per hour compared to;

Stationary exercise bike: 295 to 604 Calories

Aerobics class: 354 to 604 Calories

Weightlifting: 177 to 518 Calories

(Depending on your clients' weight, basal metabolic rate, and fitness level) www.nutristrategy.com

Benefits of Boxing for fitness

The benefits of boxing training to your clients are endless. Over the years boxing has been used by athletes, sporting teams, and the general public as a form of health and fitness. It is the most used form of exercise among personal trainers and sports coaches.

Correct Boxing training not only works all parts of the body but also all aspects of fitness such as; Cardiovascular fitness, Muscular endurance, Muscular strength, Stamina, Co- ordination, and power.

The above aspects of fitness can be related to many objectives of people trying to lose weight, a football team wanting to increase their strength and stamina, or a tennis player wanting to gain more power.

Whatever the goal is remember there is always the physical and mental advantages to any type of exercise training.

Physically;

- Strength and endurance gain – No strain of weights but all the benefits (Strength & endurance are natural by-products of boxing training)
- Low impact on joints but high intensity
- Cardiovascular improvement in less amount of time
- Little space required
- High energy and calorie expenditure in shorter amount of time
- Adaptable to aerobic and anaerobic training

Mentally;

- Provides variety
- Time effective
- Self confidence
- Challenging
- Requires focus and thinking

“When life’s annoyances or frustrating situations build up, you can feel stressed or experience low-grade anger. More high-energy forms of exercise like boxing can also provide an effective release of these negative emotions, turning these otherwise potentially unhealthy emotions into motivation for increased health and well-being.”

- Elizabeth Scott

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Muscles used

Many people assume that boxing training only works the upper body and not the lower body. This is far from true. Providing boxing training is done properly the majority of muscles in the body will get a workout.

If you ever watch a boxer in the ring you will notice that they are always on their toes bouncing and moving around. This should be no different to the way you train your clients providing they do not have any injuries limiting them from moving around on their feet. Skipping, scissor shuffles, lunges, step ups, and squats can all be incorporated in a persons training session.

All these exercises are very basic and require minimal equipment but are very effective when working the lower body as well as providing a good cardio workout.

With the upper body being the primary focus of the workout you can be sure that every muscle will be targeted during a 30 minute boxing routine. Remember that punching a bag or some focus pads is only part of the package when it comes to boxing training. There are many body weight exercises that you can include in your punching routines which not only make a workout fun but also very challenging.

As there is no load or constant resistance on the muscles boxing training is not ideal for someone wanting to bulk build their body. Hypertrophy is not a by-product of boxing for fitness where as muscular and cardiovascular endurance is. This is due to the large amount of continuous bodyweight movement required during a properly conducted session.

Anaerobic Vs Aerobic

Research into boxing for fitness over the last ten to fifteen years has shown that a standard 45 – 60 minute session on average will be 60% anaerobic and 40% aerobic.

Depending on the type of session you run, this average of 60:40 can be altered either way to suit your participants' needs or capabilities. Using your discretion as an instructor you have to be able to decide whether your client is capable of doing aerobic and/or anaerobic routines.

Whatever your theory is regarding anaerobic or aerobic training you can adapt your boxing sessions to either one.

What makes boxing training so physically demanding?

As we punch and make impact with an object (focus pads/punching bag) we are exerting a force away from our centre of gravity which means more energy is required making the exercises more physically demanding. More energy used = more calories consumed.

When performing an exercise where you are required to generate a force into an external object our breathing rhythm changes and many people tend to hold their breath. This causes the feeling of being extremely 'puffed out'.

Physiological Characteristics of Boxing for Professionals

by Grant Kerr BSc (Hons)

Boxing is a sport of intermittent nature, characterized by short duration, high intensity bursts of activity. It requires significant anaerobic fitness, and operates within a well-developed aerobic system.

Boxing's work/rest ratio is approximately 3:1. The nature of boxing requires athletes to sustain power at a high percentage of V02 max (often above lactate threshold, producing high levels of blood lactate leading to premature fatigue).

The primary aims of conditioning for boxing are to delay the onset of fatigue by increasing tolerance to lactic acid build-up, to increase stores of phospho-creatine to produce ATP, to delay the pre-mature use of the lactic acid system, to improve efficiency of oxygen use, and between intense bursts of activity.

Cross Training in Boxing

Due to its unique benefits and vigorous style boxing has become one of the most used forms of cross training for athletes and gym participants who want to vary their exercise routine and still have all the advantages of an effective workout.

Lateral thinking is required by both the trainer and participant when involved in boxing training which means co-ordination and balance becomes a natural by-product of exercises used in your sessions.

Boxing as a form of cross training is also very useful for people with injuries as it is able to be varied and altered according to the injury. Obviously this has to be viewed at the trainers' discretion.

Coaches of athletes have come to realise (through research) that the benefits and advantages boxing training offers physically and mentally can be adapted to many sports. Athletes are able to maintain or increase their cardiovascular capacity, muscular endurance, strength, and power by incorporating boxing into their sessions for cross training purposes or as an alternative training regime while they are injured.

Strength/Power/Speed/Endurance in Sports

As athletes strive to gain ultimate speed, power, and endurance in their sport it's not hard to see how the training methods of a boxer can be transferred and utilised in various sports regardless of how different they may be. Of course these methods are not only limited to athletes but can also be performed by the general population with the correct supervision and instruction.

While boxing training does require a high level of physical discipline it also demands an extreme level of mental focus which is vitally important in competitive sports.

Athletes are able to increase power, strength, and speed without increasing muscle mass which is a huge advantage to them as weight bearing exercises usually cause muscular discomfort, tightness, and stiffness.

Why it is important to structure boxing classes

Like many other fitness type classes boxing training requires a lot of detail and attention by the instructor due to the nature of the training. Although there is no physical contact between participants the training can get quite vigorous and there is quite a lot of impact on your client's body.

Structuring your classes will not only give you direction in what your teaching, but it will allow the class to flow between exercises making you look more professional and knowledgeable in what your actually doing.

With a structured format you will be able to keep a close eye on all your participants which means the risk of injury will be reduced and the maximum benefits to your clients will be significantly increased.

Your clients will find the classes/sessions more enjoyable and they will be able to stay motivated much longer.

People work better when;

- They are organised and have something to work towards
- They know what to expect each session
- They are not confused by choreography
- They are not bored

How to structure boxing classes/sessions

There are many aspects to structuring your classes and sessions when it comes to boxing training. A session should quite obviously include;

- Introduction, explanation, and warm up
- Main body of session
- Cool down/stretching

As sessions usually run for an hour it is always best to stick to 4 x 15 minute blocks. Your first 15 minutes will consist of an intro/explanation and a warm up.

A warm up can include a variety of different exercises and equipment to be used in your session making sure it is kept light and at a moderate pace. E.g Skipping, push ups, crunches, steps, shadow boxing, jogging, medicine balls, etc.

This will allow your participants to become familiar with what lays ahead for them in the main body of the class.

Your main body of the session can be broken into 2 x 15 minute blocks where you can run a series of boxing combinations and then a series of cardio drills using basic punches. You might want to run a 15 minute block concentrating on speed and another block concentrating on power. With a little imagination the possibilities are endless.

Using this technique will allow your participants to enjoy a variety of exercises and it will give you an opportunity to see where your clients might need extra attention.

The last 15 minute block of the session can be used for a variety of exercises relating to boxing. You might want to do some shadow boxing to help with punching technique or some skipping to help with balance and coordination. You can concentrate on doing strength work through the abs to help with power or body weight exercises to increase upper body strength and endurance.

Qualities of a good boxing instructor

A good boxing instructor will have a number of qualities about them not seen in other instructors who do not have any boxing knowledge or training.

First of all and the most important is the attentions to detail you give to your clients. Boxing training starts at the toes and ends in the mind and a good instructor will know this. If your client is doing something incorrect then it is your responsibility to pick this up and correct the technique. Even something as minor as feet positioning or hip movement becomes very important to a good boxing instructor.

Secondly, your ability to teach correct boxing exercises will play an important part in your sessions as well as being able to relate your knowledge to your clients. Your participants will appreciate your teaching skills and have greater confidence in your ability to guide them through their fitness regime.

Remember it's not just about looking the part; it's about being the part!

Safety and Injury prevention

Safety plays an important part in being a good boxing instructor as well as being able to prevent your clients from obtaining an injury. As the old saying goes, prevention is better than cure.

The first thing you need to start with is the equipment and training gear you client will wear. The most common form of injuries related to boxing training is sprained wrists, bruised knuckles, stiff necks, and lower back injuries. How do you prevent these? As stated earlier proper training gear and equipment will significantly reduce the risk of some injuries but your attention to detail will play an even greater role in injury prevention.

What should your clients wear? Starting with the hands, your clients should be wrapping their hands with bandages (the instructor will show you various wrapping methods). The bandages will keep your wrist nice and firm and also provide padding over your knuckles and in between your fingers. After this is done it is recommended that a good pair of leather boxing gloves is worn. Preferably pre curved gloves with a Velcro strap and good padding around the knuckle region. Cheap quality gloves will only damage your hands, knuckles, and wrists which will prevent your clients from participating in future boxing classes.

When shopping for boxing gloves it should be treated the same way you buy a pair of sneakers. People take extra care when buying training shoes and spend quite a bit of money on them because they want comfort and reliability. Boxing gloves should be the same. Your hands are an important asset.

When teaching boxing your focus pads will become your best friend. Just as you want to protect your clients' hands you should be taking care of your own hands. A good pair of curved focus pads with sufficient padding will not only be safe for your clients' hands but will also keep your hands from bruising and soreness due to the constant impact of catching punches.

Your ability to correct mistakes and teach proper technique will play an important role on how safe your sessions will be!

NOTES:

Common injuries associated with boxing for fitness

Knuckles

Grazed and swollen knuckles are a common occurrence in boxing training. The best way to prevent this is to make sure your clients are wearing boxing gloves that are adequately padded and that they are punching with their top two knuckles. Make sure their fist is slightly cocked downwards.

Wrists

Protecting the wrists should be taken very seriously. If someone generally has weak wrists it's always best to strap them with a bandage to give them more support. Also showing them the correct punching technique will help reduce the risk of injury.

Shoulders

Shoulder injuries are a common problem when someone is not holding the pads in the right position or they are not providing enough resistance on their partners punch to neutralize the impact. This means that their shoulders are constantly absorbing a force which will eventually lead to a serious shoulder injury.

Lower back

Occurs when the pad holder is not providing enough resistance which will cause the boxer to lean forward and reach too punch the pads. Lower back injuries can also occur if the boxer is not supporting his abs (by bracing) when punching.

Equipment Required

A range of equipment is available to instructors to run effective boxing sessions with gloves and focus pads being the number one tool. It is very important to have the best quality equipment when instructing and price should not be compromised for safety.

Focus Pads will become an instructor's best friend that is why you must only have the best as these will become your training shoes for your hands. You must also be able to provide the best boxing gloves for your clients to ensure their wrists, knuckles, and fingers are properly protected. This will make their training more enjoyable and your job a lot more satisfying.

Other pieces of equipment which can be used by instructors for an effective training session are;

Skipping ropes	(great for balance and co-ordination)
Medicine balls	(great for abdominal drills and power work)
Step boxes	(great for leg work and cardio exercises)
1-3kg dumbbells	(excellent for shadow boxing and upper body endurance)
Speed ladders	(great for foot speed and agility)

NOTES:

Specific Equipment for Boxing

There are many useful pieces of equipment that can be incorporated in your boxing sessions. The following equipment is not just limited to professional boxers but can also be utilised by your clients to gain the same benefits. Your presenter will demonstrate on the equipment and take you through a practical session.

Speed Ball – Great for hand and eye coordination while incorporating speed into the punches. Start by using one hand hitting the ball every three times it strikes the board. Once you get into a rhythm you can increase the speed of your punches and then incorporate both hands.

Floor to Ceiling Ball – Used to test reaction time and reflexes of boxers. Start by standing in front of the ball in a proper boxer's stance. Gently jab the ball with your fist and as it comes towards you slip to either your right or left side. Once you find your rhythm you can add on more combinations and increase the tempo of your punches.

Punching Bag – A punching bag is great for working your punching combinations and adding power to them. Always remember to hit the bag while it is moving away from you. Start with a basic combo and work your way up. A good round should last about three minutes. Once you get used to the bag practice a variation of combinations.

Medicine Ball – Great for abdominals and core stability. Medicine balls range from 1kg all the way up to 12kg. There are hundreds of exercises associated with the ball. Your presenter will demonstrate some basic routines.

Skipping Rope – Skipping is a great exercise to warm up your entire body. As well as improving hand and feet coordination, skipping is a vital tool in helping people learn to balance their bodyweight from left to right. If you are new at skipping it's always good to start by pulsing on the spot holding the rope in one hand and getting a feel for swinging the rope and moving your feet at the same time. Once you find your rhythm you can take the rope with both hands and coordinate your feet to jump over it consecutively.

1kg – 3kg Dumbbells – Great to use while shadow boxing. Light dumbbells will help increase the intensity of the workout without putting too much strain on your joints. Remember to emphasise to participants not to lock out (hyperextend) their elbows or shoulders while shadow boxing.

NOTES:

Holding Focus Pads

Holding pads is an art in itself and requires a lot of skill and attention. If you are going to teach combinations and take your clients through extensive boxing exercises you must be properly trained and skilled in pad holding. Improper use of pads can cause serious injury to you and your clients.

The four most important things to remember when holding pads are;

Resistance – How much pressure you give back to the punches coming towards the pads.

Leverage – The distance between your forearm and bicep determines how well the pressure you give back on the punches will be.

Timing – Is the point at which your focus pads make impact with the punches.

Positioning – Exactly where you hold the focus pads will determine the accuracy of their punches.

If any of these four are not in coordination with one another then your client will not get a beneficial workout and the risk of injury to both of you will increase.

The Punches

Jabs – Punch thrown with your lead hand. Your lead hand is the same as the leg you have forward.

Cross – Comes across the body and is done with your dominant hand

Uppercuts – Comes up underneath the chin and can be done with either hand.

Duck – No punches thrown but boxer comes underneath the punch to avoid its impact.

Hooks – Mainly taught in the advanced course a hook is a punch that comes around the side of the face and requires good technique of the hips and fist when impacting with the focus pad.

NOTES:

Pyramid Style Exercises

Exercise 1:

2 punches, 4 punches, 6 punches (pyramid by 2) up to 20 and back down to 2.

- Remember smaller number of punches = high intensity (Anaerobic)
Large continuous punches = lower intensity (Aerobic)

Exercise 2:

2 punches – 1 push up, 4 punches- 1 push up, 6 punches- 1 push up (up to 20 punches)

- Push ups add resistance to the cardio routine which increases the intensity. WHY? Because your pushing your body away from gravity which = more energy expenditure.

Exercise 3:

2 punches – run back – run forward – 1 push up.

4 punches – run back – run forward – 1 push up.

Etc. Again up to 20 punches.

- This routine adds more cardio to the workout. The run can be used as a cardio exercise or a recovery period. If there is no room to the run then your clients can jog on the spot. This is just as effective.

Now you can incorporate the pad holders and boxer s to work together. This would be the hardest intensity as the pad holder won't get a rest but will be involved in what we call an active recovery.

Exercise 4:

Boxer does 2 punches – 1 push up, 4 punches – 2 push ups, 6 punches – 3 push ups

Pad holder does a run while the boxer does a push up, 2 runs when they do 2 push ups, 3 runs when they do 3 push ups, and so on.

NOTES:

Combinations

Combinations are a set of various consecutive punches put together by the trainer and can range from two punches up to 6. A good combination round usually lasts for three minutes and requires much thought and concentration. Combinations are designed to correct the technique and accuracy of punches.

There are over 20 combinations listed towards the back of this book. Your presenter will show you four different combinations to practice with your partner.

Specific Muscle Groups – Legs

Exercise 1:

Start with 10 punches, 4 lunges (10 sets) and then swap legs so you will be leading with the other leg.

Participants should keep up this routine for 2 to 3 minutes for a real leg burn!

Exercise 2:

Stand in squat position – 10 straight punches – Squat half way and do another 10 punches – squat down all the way and do 10 uppercuts.

Keep going up and down with this sequence for 2 to 3 minutes.

- Emphasise how important it is to keep the abs tight because there is little support for the lower back as we punch out in squat position.

Exercise 3:

Show a combination incorporating lifting the knee's up.

Jab, jab, cross, 2 right knees

Exercise 4:

This is more of a high impact/high intensity workout incorporating some pyramid technique.

2 punches – 2 lunge jumps, 4 punches – 4 lunge jumps, 6 punches – 6 lunge jumps, etc

NOTES:

Specific Muscle Groups - Abs

Exercise 1:

Boxer sits on bum/pad holder in front standing over boxer. Using pyramid method have the boxer do 2 punches – 1 sit up, 4 punches – 1 sit up, 6 punches – 1 sit up, etc. Work your way up to 20 and then back down again.

Exercise 2:

Now both participants can be sitting on the floor linking up feet.

4 punches – both sides lean back to 45 degree angle and do 4 oblique twists

Continue this sequence for 2 minutes or give them a certain amount to do.

Exercise 3:

- Explain how there are other ways to work the core of the body such as bridges/hovers/planks/table tops.

20 Seconds speed punches straight out in front – 20 seconds bridges

20 seconds speed uppercuts – 20 seconds bridges – 1 leg up

20 seconds speed punches above head – 20 seconds bridges – other leg up

Both sides can do the bridges. You can repeat this sequence for 2 to 3 minutes.

Exercise 4:

Boxer sits on floor while pad holder is standing over them. Boxer does 20 punches and then leans back and does alternate elbows to opposite knees (cycling) 20 times.

Repeat this sequence for 2 to 3 minutes.

NOTES:

Cardio Exercises

Exercise 1:

10 seconds out in front – 10 seconds knees up – 10 seconds uppercuts – 10 seconds knees up – 10 seconds up above the head – 10 seconds knees up.

You can do this routine 3 times to take it up to 3 minutes.

Exercise 2:

Pad holders line up on 1 side. Boxers on the other side.

20 punches out in front – 20 uppercuts – 20 punches up above the head – 2 sprints and repeat. You can do this routine utilizing the pyramid method.

Exercise 3:

- Explain how you can incorporate combinations with speed punches. This means the combos will focus on power. E.g.

Jab, jab, cross, 10 fast uppercuts, 10 lunge jumps

Exercise 4:

10 fast jabs, 10 fast crosses, 10 fast left uppercuts, 10 fast right uppercuts – Repeat 3 times through with a 10 second sprint on the spot in between sets.

NOTES:

Utilising Common Gym Equipment

Exercise 1:

- Set up 3 markers 5 meters apart.
- Stand at the first marker with your partner. (Pad holder will be running forward and boxer will be running backwards).
- Start with 10 straight punches (out in front), then run to the 2nd marker and do 10 uppercuts, and then run to the 3rd marker and do 10 punches above the head.
- Run back to the start.
- Repeat but increase to 20 punches at each marker. Pyramid your punches up by 10 until you reach 50.
- Depending on your participants fitness levels you can make them pyramid down to 10.

Exercise 2:

- Set up a step box in between you and your partner.
- Boxer does 20 straight punches and sprints on the spot for 20 seconds while the pad holder completes a set of 20 step ups on the box.
- Repeat 6 to 10 sets of this routine or keep going for 2 to 3 minutes.
- Remember you can vary the punches from jab crosses, to uppercuts, to above the head.

Exercise 3:

- You will need a skipping rope for the following drill. Lay it on the floor with one partner standing on each side at the tip of the rope;
- Two punches out in front; both partners shuffle across (side to side) and do one squat at the other end of rope. Four punches out in front, again both partners shuffle across (side to side) and do one squat, six punches out in front, and so on. You can take it up to twenty punches and then work your way down.

Exercise 4:

- Incorporating light dumbbells (1kg to 3kg) and a medicine ball you can utilise these 5 pieces of equipment (markers, step boxes, dumbbells, skipping rope, and med ball) to create a boxing circuit without using any punches. This can be used as a warm up or as part of your main body of the session.
- All these pieces of equipment can be specifically related to boxing for fitness exercises e.g **Skipping-Balance & co-ordination**, **Dumbbells-Shadow boxing**, **Medball-Core stability**, **Markers-Cardiovascular development**, **Step Boxes- Muscular endurance & power in legs**.

30 Combinations – 3 Minute Rounds

- Left, right (Jab, cross)
- Left, left, right (jab, jab, cross)
- Left, right, left (jab, cross, jab)
- Left, left, right, left hook (jab, jab, cross, hook)
- Left, right, left, right, duck (jab, cross, jab, cross, duck)
- Right, right, left uppercut (cross, cross, left uppercut)
- Left, right, left uppercut, right cross (jab, cross, left uppercut, cross)
- Left, right, left hook, right cross, left uppercut (jab, cross, hook, cross, uppercut)
- Left, right, left, right, left uppercut (jab, cross, jab, cross, left uppercut)
- Right, left hook, right (cross, left hook, cross)
- Right, right uppercut, left hook (cross, right uppercut, left hook)
- Jab, cross, duck, cross, left uppercut.
- Left, left, left uppercut, right cross, duck, right (jab, jab, left uppercut, right cross, duck, cross)
- Left jab, left jab, right cross, left uppercut, right cross
- Right cross, right uppercut, bounce back (still keeping your right leg back), triple left jab
- Left jab, right cross, left jab, right cross, 2 ducks, left uppercut, right uppercut
- Left jab, right cross, left jab, duck, right cross, left jab, right cross

- Right cross, duck
Right cross, left uppercut, duck
Right cross, left uppercut, right cross, duck
Right cross, left uppercut, right cross, left uppercut, duck
...and then start again from right cross, duck

The next combination will start with 4 punches and be broken down to 3, then 2, then 1.

- Jab, cross, left uppercut, cross
Jab, cross, left uppercut
Jab, cross
Jab
- Jab, Cross, Jab, Right Uppercut, Left Uppercut, Right Uppercut
- Left Uppercut, Right Uppercut, Left Uppercut, Cross
- Jab, Jab, Cross – *Pause* - Jab, Cross – *Pause* - Jab
- Cross, Right Uppercut, Left Uppercut
- Jab – *Step forward*- Jab – *Step forward* – Right Uppercut
- Jab, Cross – *Duck* – Cross, Left Uppercut, Right Uppercut
- Jab, Cross, Left Uppercut, Cross – *Pause* – Jab, Cross, Left Uppercut – *Pause* – Jab, Cross – *Pause* – Jab
- Jab, Jab, Left Uppercut, Cross – *Duck* – Cross
- 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.*
- Jab, Cross, followed by 4 alternate uppercuts, Jab, Cross

NOTES:

18 Great Cardio Routines for Your Sessions

The following routines have been designed by THUMP Training Systems and can be incorporated into your workouts. You can alter and vary these routines to your clients' needs and ability.

- This drill combines speed and power into a simple combination.
 - Start with jab – *pause* – jab, cross – *pause* – jab, cross, jab – *pause* – jab, cross, jab, cross – *pause* – 20 fast uppercuts.
 - Repeat this drill continuously for 2 to 3 minutes.
 - Remember to concentrate on power for the jabs and crosses where as the uppercuts are for speed.
 - You can add to the 20 uppercuts and 20 fast punches above the head. Forcing your partner to punch higher which will increase their work rate.
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- This drill follows the pyramid teaching method where the boxer will work their way up from 2 straight punches up to 20 and back down.
 - 2 Straight punches, 10 fast uppercuts, 4 straight punches, 10 fast uppercuts, 6 straight uppercuts, 10 fast uppercuts, and so on.
 - The straight punches should be powerful where as the uppercuts should be fast.
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- Pad holder and boxer start in push up position and complete 2 push ups.
 - Get up onto your feet and do 10 seconds worth of straight punches as fast as you can.
 - Both sides back down in push position and complete 4 push ups.
 - Get up on your feet again and do 10 seconds worth of uppercuts as fast as you can.
 - Both sides hit the floor again for 6 push ups and then get up again and do 10 seconds worth of straight punches above the head.
 - Hit the floor for 8 push ups and then do 10 seconds worth of punches sitting on the ground (pad holder stands in front of boxer and holds pads above their head).
 - Hit the floor for 10 push ups.
 - Make sure that when the boxer is sitting on the floor their knees are bent and hooked up around the pad holder's ankles.
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- This drill requires the instructor to countdown from 10 seconds down to zero forcing the boxer to punch as fast as they can.
- Boxer punches straight out in front for ten seconds non-stop and then goes into lunge jumps for ten seconds.
- Boxer then does uppercuts for ten seconds non-stop and then repeats lunge jumps for ten seconds.
- Boxer will then punch up high above the pad holders head for ten seconds and finish of with ten seconds worth of lunge jumps.
- Depending on the fitness levels of your participants you can make them work for 20 to 30 seconds on each exercise.

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- Keep your clients working up to ten and down to two for at least two minutes with this routine;

Two punches in front, two knees up
Four punches in front, four knees up
Six punches in front, six knees up
Eight punches in front, eight knees up
Ten punches in front, ten knees up
- Drop down for two push up-

Now work your way down

Remember two push ups when you reach two punches, two knees up.

- The following routine needs to be conducted in an area where there is sufficient space to do running sprints. This drill can go for as long as three minutes;
 - Twenty punches in front and twenty uppercuts. Boxer then does three sprints up and down the room and should end up on the other side of the room. Pad holder sprints over to boxer and again boxer does twenty punches in front and twenty uppercuts. This time the pad holder does three sprints and should end up on the other side of the room. Boxer then sprints over and the routine starts again.
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- 20 Straight punches – 2 Push Ups – 40 Uppercuts – 4 Push Ups
Repeat for 2 minutes
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- 10 Straight punches – 10 Uppercuts – 10 Punches up above the head
8 Straight punches – 8 Uppercuts – 8 Punches up above the head
6 Straight punches – 6 Uppercuts – 6 Punches up above the head
4 Straight punches – 4 Uppercuts – 4 Punches up above the head
2 Straight punches – 2 Uppercuts – 2 Punches up above the head
Work your way up back to 10
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- Jab, Jab, Cross – 2 Straight Punches
Jab, Jab, Cross – 4 Straight Punches
Jab, Jab, Cross – 6 Straight Punches
Jab, Jab, Cross – 8 Straight Punches
Jab, Jab, Cross – 10 Straight Punches

Work your way back up to 10. Remember keep the jab, jab, cross powerful and the straight punches fast.

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- 20 Straight Punches – 20 Uppercuts – 20 Knees up – 1 Push Up
20 Straight Punches – 20 Uppercuts – 20 Knees up – 2 Push Up
20 Straight Punches – 20 Uppercuts – 20 Knees up – 3 Push Up

Work your way up to 10 push ups

-
- Jab, Cross, Jab, Cross – Shuffle side to side 4 steps
Jab, Cross, Jab, Cross – Shuffle side to side 4 steps

Repeat for 2 minutes

-
- 10 Second sprint on the spot (knee's up) – 10 Second Straight punches
20 Second sprint on the spot (knee's up) – 20 Second Uppercuts

Repeat for 2 minutes

-
- Boxer needs to be in sit up position- Pad holder stand in front

1 Left Jab - 1 Sit up – 1 Right Cross – 1 Sit up

2 Left Jabs – 2 Sit ups – 2 Right Crosses – 2 Sit ups

3 Left Jabs – 3 Sit ups – 3 Right Crosses – 3 Sit ups

Continue upwards to whatever you feel your client is capable of doing

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- Jab, Cross, Jab, Cross, Left Upper Cut, Right Upper Cut

-Pause-

Left Uppercut, Right Uppercut, Left Uppercut, Right Uppercut, Jab, Cross

-Pause-

Repeat for 3 minutes

-
- Jab, Cross, duck, 10 straight punches – 2 push ups
 - Jab, Cross, Jab, Cross, duck, 20 straight punches – 4 push ups
 - Jab, Cross, Jab, Cross, Jab, Cross, duck, 30 straight punches- 6 push ups
 - Jab, Cross, Jab, Cross, Jab, Cross, Jab, Cross, duck, 40 straight punches- 8 push ups
 - 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

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

NOTES: