



20

BOXING

WORKOUTS

14FITNESS

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ABOUT

Daniel and Bianca run a boutique fitness studio 141 Fitness in Mildura. They specialise in group strength and conditioning training. Boxing is such a great way to get the best of both training components while adding resistance to a cardio workout. You'll be able to elevate your heart rate, work your muscles and develop your strength with these Boxing workouts you can do at home or at a park.

HOW TO USE THIS GUIDE

You can pick and choose workouts you love, or complete them in order. We would suggest to start with two boxing workouts a week to let your body adapt and prevent forearm and knuckle fatigue. If you're experienced with boxing, enjoy 3-4 boxing workouts a week. Please listen to your body, always ensure you do an adequate warm up first. Wrap your wrist and knuckles and wear cotton inners for all boxing workouts.



IMAGES FOR REFERENCE



STANCE RIGHTY



STANCE LEFTY



WEAVE 1



WEAVE 2



DUCK



SPACER



JAB



CROSS



JAB LEFTY



CROSS LEFTY



HOOK 1



HOOK 2



HIGH PUNCHES



UPPER



SHOULDERS 1



SHOULDERS 2



BUTTERFLIES 1



BUTTERFLIES 2



DBL SITUP 1



DBL SITUP 2



ALT_SITUPS

Abbreviations

AMRAP - *As many rounds/reps as possible*

EMOM - *Every minute on the minute*

E2MOM - *Every 2 minutes on the minute*

ES - *Each side*

Uppers - *Uppercuts*

Butterflies - *See Image*

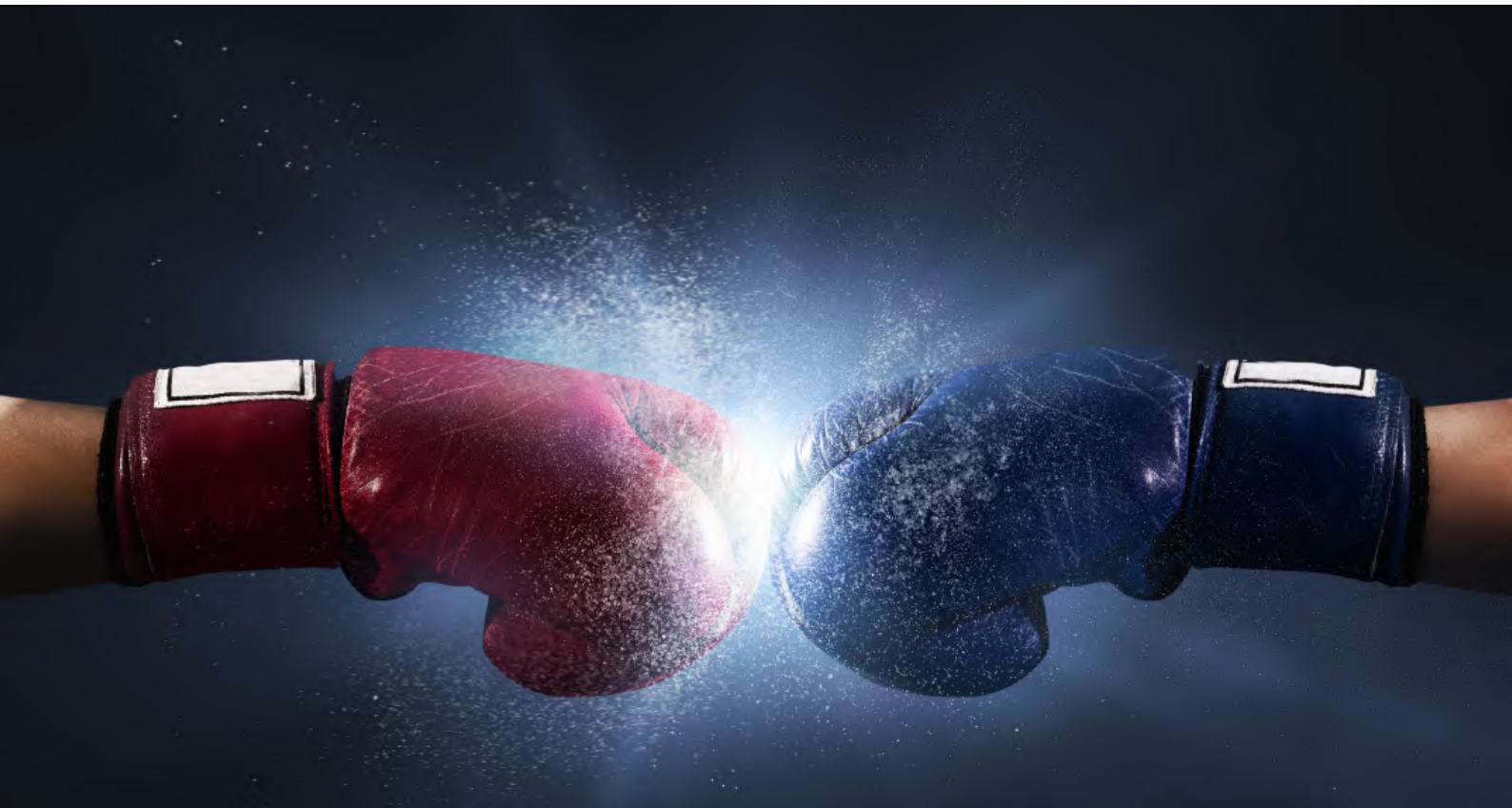
Shoulder punches - *See image*

DBL - *Double*

ALT - *Alternating*

Swap - *Padder now boxes, Boxer now pads*

YGIG - *You go, I go (tag team partner workout)*



WARM UP IDEAS

WARM UP 1

4 rounds

50 Skips
10 Squats
10 Lunges
10 Push Ups
10 Ab Bikes es

WARM UP 2

4 rounds

20 Star jumps
20 Mountain
Climbers
10 Push ups
10 Ab Bikes es
+10m Jog

WARM UP 3

2 rounds

15 Banded Side
Steps es
20 Shoulder Taps
20 Mountain
Climbers
10 Leg Swings es
10 Ankle rolls es
10 Hip Openers es
10 Arm swings es

WARM UP 4

1 round

100m Jog
10 Squats
10 Ankle rolls es
100m Jog
10 Lunges
10 Pushups
100m Jog
10 Leg Swings es
20 Shoulder Taps

WORKOUT 1

3 min - AMRAP

20x Jab/Cross

10x Both Star jumps / (when partner B goes) High Knees

20x Uppers

10x Both Jump squats / (when partner B goes) Jump lunges

3 min - AMRAP

20x Hooks

20x High Punches

5x Burpees (high) / Padder. Run 10m up & back

3 min- time cap per person

5-10-15-20- Jab/Cross/Jab/Hook/Jab/Cross/Hook

5-10-15-20- Partner situps

Timed: 35/15sec x 4 efforts each (swap after each round)

Jab/cross/4 Hooks

Uppers

Shoulder punches

WORKOUT 2

Timed: 30/5 x 3 of each combo

Jab/Cross/Upper

Jab/Cross/Hook

Combo 30/5 x 3 rounds

Jab/Jab/Cross/Cross

Combo 40/10 x 3 rounds

R.Upper/L.Upper/Cross/Hook/hook/Spacer

Combo 40/10 x 3 rounds

Jab/Cross/Weave/Cross

Combo 40/10 x 3 rounds

Cross/Duck/L.Hook/Cross/Weave/Cross

Timed: 15/5sec x 3 rounds each

High Punches

Uppers

Hooks

Butterflies

Sit ups

WORKOUT 3

Timed: 30/10 x 2 of each combo

Jab/Cross/run to cone & back (6m away)

Jab/Cross/Hook/Hook/run to cone & back (6m away)

Combo 40/10 x 3 rounds

Jab/Jab/Duck/R.upper

Combo 50/10 x 3 rounds

Jab/L.hook/Cross/Weave/Cross

Combo 50/10 x 3 rounds

Jab/Upper/Jab/Hook/Padder turn 90°

Combo 50/10 x 3 rounds

Cross/Duck/L.Hook/Cross/Weave/Cross

12min Cap

50-75-100- High Punches

20-25 -30 - M.climbers - Padder- Lunges

50-75-100- Uppers

10-10 - 10- Partner sit ups

10-15 - 20- Jab/cross/4xHooks

10-10 - 10- High Burpees

WORKOUT 4

Set times 25/10sec x 3 rounds: Run in the 10sec interval

Jab/Cross

Run 10m up & back

Uppers

Run 10m up & back

Combo 60/10 x 3 rounds

Jab/Cross/Hook/Upper

Combo 50/10 x 3 rounds

Jab/Cross/Weave/Cross

3 min AMRAP: Setup 5 cones 2m apart

5-10-15-20-25 Combos on each cone - Run back to start point in-between efforts

Combo: Jab/hook/jab/cross/hook

Combo 50/10 x 3 rounds

Cross/Duck/L.Hook/Cross/Weave/Cross

12min Cap

100- Punches

60- Butterflies

20- Sit ups

60- High punches

60- Hooks

WORKOUT 5

Combo 30/5 x 3 rounds

Jab/Hook/Jab/Upper

Combo 30/5 x 3 rounds

Jab/Cross/4x Hooks

Jab/Cross/4x Uppers

Speed: 20second EMOM (Every 20 seconds on the buzzer)

Complete the 5x Uppers efforts / then 5x Punches efforts

60 - 70 - 80 - 90 -100- Uppers

50 - 60 - 70 - 80 - 90 - Punches

10 Min Cap:

10 - Jab/Cross/Weave/Cross

10 - Jab/Upper/Jab/Cross/Upper

20 - Burpees (YGIG style)

Swap x 4 rounds total

10 Min Cap: AMRAP

10 - Jab/L.Hook/Cross/R.Hook

10 - Jab/Duck/Jab/Cross/Upper

10 - Punching Sit ups

Run x 50m (while partner gets gloves on and ready to swap)

WORKOUT 6

Combo 40/5 x 2 rounds of each

Jab/Cross/Upper/Hook

Jab/Cross/Hook/Upper

Combo 40/5 x 3 rounds

Jab/Cross/Duck/Jab/Cross

10 Min Cap:

10 -8 - 6 - Jab/Hook/Jab/Cross/Hook

50-40-30- High punches

50-40-30- Butterflies

5 - 5 - 5 - High Burpees

*Complete the first column of numbers each before proceeding to second column

Timed: 20/5sec x 3 rounds each then swap and repeat

Uppers

Hooks

Mountain Climbers

Punches

Shoulder Punches

Alternating Punching Situps

Jab/Cross

Double Punching Sit ups

Commando's

WORKOUT 7

Combo 40/10 x 3 rounds

Jab/Hook/Jab/Cross/Hook

Combo 40/10 x 3 rounds

Jab/Cross/Upper/Cross

Combo 25/10 x 3 rounds

Jab/Cross/4X Uppers

Jab/Cross/4X Hooks

High Punches

Combo 25/5 x 2 rounds

Jab/Upper/Hook

Punching Sit ups

Shoulder Punches

15 Min Cap

Jab/Cross/Upper/Hook

Punches

Uppers

Butterflies

Wall Hip Raises

WORKOUT 8

Combo 30/10 x 4 rounds

Jab/Cross

Combo 40/10 x 4 rounds

Jab/Cross/Upper/Upper

10 Min Cap: *2 of each, 4 of each etc / then swap / then immediately start Uppers & Squats

2-4-6-8-10-12-14-16-18-20 - JAB/CROSS

2-4-6-8-10-12-14-16-18-20 - Jumping Lunges (both)

20-18-16-14-12-10-8-6-4-2 - UPPERS

20-18-16-14-12-10-8-6-4-2 - Jump Squats (both)

For time:

JAB/CROSS/UPPER/UPPER/JAB/HOOK/DUCK

10 rounds + 2 burpees

15 rounds + 4 burpees

20 rounds + 6 burpees

25 rounds + 8 burpees

WORKOUT 9

Combo 30/10 x 6 rounds

Jab/Cross/Upper/Upper

Combo 30/10 x 4 rounds

Hooks

Combo 10/5 x 10 rounds

Power Punches (Strong controlled Jab/Cross)

5 Min Cap to both complete

20-40-60-80-60-40-20- Uppers

2 - 4 - 6 - 8 - 6 - 4 - 2 - Tuck Jumps/High Knees

Combo 20/10 x 6 rounds

Jab/Cross/Jab/Upper/Duck

2 Rounds each:

50 DBL Punching sit-ups + 25 Push Ups

WORKOUT 10

3 rounds each:

100 Punches + 10 Tuck Jumps

Each complete:

20-40-60-80-100 - Uppers

2 - 4 - 6 - 8 - 10 - Jump Squats

Combo 40/10 x 3 rounds

Jab/Cross/Upper/Upper/Hook/Hook

Each complete:

100-80-60-40-20-Punches

10 - 8 - 6 - 4 - 2 - Box Jump/Step Ups (padder do star jumps)

Combo 40/10 x 3 rounds

Jab/Cross/Jab/Cross/Jab/Hook

Timed: 30/10sec x 3 rounds each *Swap after each round

Shoulder Punches

Alternate punching sit-ups

Push Ups / Padder Mountain Climbers

WORKOUT 11

Warm Up: 'Roxanne' song with burpee on every Roxanne

Combo 20/10 x 6 rounds

Jab/Cross

Uppers

Combo 50/10 x 3 rounds

Jab/Cross/Upper/Cross/Duck/Jab/Cross/Jump back

4 Min Cap

100-80-60-40-20-Punches

10 - 8 - 6 - 4 - 2 - Burpees (padder hold squat)

3 Min Cap

100-80-60-40-20-Punches

10 - 8 - 6 - 4 - 2 - Box Jump/Step Ups (padder do star jumps)

For Time:

100-100-80-80-60-60 - Shoulders

20- 20 -15-15-10-10 - DBL Punching Sit-ups

20- 20 -15-15-10-10 - Push Ups

WORKOUT 12

Combo 30/5 x 3 rounds

Jab/Cross/Jab/Cross

Combo 40/10 x 2 rounds of each

Jab/Cross/Hook/Upper

Jab/Cross/Upper/Hook

Combo 50/10 x 3 rounds

1, 1-2, 1-2-3, 1-2-3-4 - Punches

Repeat but + 1 Hook

(EXAMPLE: Jab | Jab/Cross | Jab/Cross/Jab | Jab/Cross/Jab/Cross

Then with a hook: Jab/Hook | Jab/Cross/Hook | Jab/Cross/Jab/Hook |

Jab/Cross/Jab/Cross/Hook

For Time:

12-16-20 - Jab/Cross/Upper/Upper

40-40-40 - DBL Punching sit-ups

1x Run 100m *swap

Timed: 20/10sec x 4 rounds each

Punches

Uppers

10m run up & back in the 10 second rest

Timed: 20/10sec x 4 rounds each

High Punches

Shoulders

High Burpees in the 10 second rest

WORKOUT 13

Combo 30/5 x 2 rounds of each

Jab/Upper

Jab/Cross/Upper

Combo 40/10 x 2 rounds of each

Jab/Hook/Jab/Cross/Hook

Jab/Upper/Jab/cross/Upper

Combo 50/10 x 3 rounds

Jab/Cross/Weave/Cross

+Hook/hook (every second combo)

10 Min Cap:

8 -12-16-20- Jab/Cross/4x Hooks

80-70-60-50- Shoulders

6 - 6 - 6 - 6 - Alt Punching Sit ups

1x Ladder - In, In, Out, Out foot combo

Timed: 15/10sec x 3 rounds each

Punches

Uppers

High Punches

Butterflies

Run 10m

WORKOUT 14

20-15-10-5 - Starjumps

20-15-10-5 - Squats

20-15-10-5 - Push Ups

Combo 20/5 x 6 rounds

Jab/Cross

Combo 20/20 x 4 rounds

Jab/Cross/4x Uppers

Jump Squats in 20sec rest

Combo 45/10 x 4 rounds

Jab/Cross/Jab/Hook/4x Uppers/Duck

For Time:

10-20-30-40-50-60-50-40-30-20-10 - Punches

10-10-10-10-10-10-10-10-10-10 - Alt Punching sit-ups

1 - 2 - 3 - 4 - 5 - 6 - 5 - 4 - 3 - 2 1 — Burpees

*Swap after burpees each round

Combo 30/10 x 2 rounds each

Hooks

Shoulder Punches

Plank Hold *Both

WORKOUT 15

Timed 20/4 x 3 rounds

Jab/Cross

Uppers

Hooks

Combo 40/30 x 3 rounds

Jab/Hook/Jab/Cross/Hook

Partner Sit-ups in the 30 seconds

Combo 40/15 x 3 rounds

Jab/Upper/Jab/Cross/Upper

Jump Squats/ Jump Lunges in the 15 seconds

7 Min Cap: *Complete all Uppers then swap*

10-20-30-40-50- Uppers / Run to 10m cone & back between each set

50-40-30-20-10- Punches / Run to 10m cone & back between each

set

Combo 30/5 x 2 rounds

Jab/Hook/Upper

Jab/Cross/Hook/Upper

Butterflies

Timed 15/5 x 4 rounds each

High punches

Shoulders

WORKOUT 16

Combo 20/10 x 3 rounds

Jab/Cross

Uppers

- High Knees (both) in the 10 seconds

Combo 40/10 x 3 rounds

Jab/Cross/Weave/Cross/Hook/Hook

Combo 40/15 x 3 rounds

Jab/Hook/Jab/Cross/Hook

Jab/Upper/Jab/Cross/Upper

- Chair Squats (both) in the 15 seconds

Combo 20/5 x 3 rounds

Jab/upper/hook

Hooks

Punches

20 Min Cap

20-40-60-80-100- High Punches

20-40-60-80-100- Uppers

10-20-30-40 -50 - Butterflies

10-12-14-16 -18 - Alt Punching Sit ups

10-20-30-40 -50 - Wall Hip Raises or Chair squats

**swap after each column*

WORKOUT 17

3 min - AMRAP

20x Uppers

20x Both Mountain Climbers / (when partner B goes) High Knees

20x High Punches

20x Both Star jumps / (when partner B goes) Butt kicks

3 min - AMRAP

20x Punches

20x Hooks

5x High Burpees

3 min- time cap per person

5-10-15-20- Jab/cross/4x Hooks

10-20-30-40- Butterflies

Timed: 35/15sec x 4 efforts each (swap after each round)

Jab/Upper/Jab/Cross/Upper

High Punches

Shoulder punches

**2 Burpees each every 15second rest*

WORKOUT 18

3 rounds each:

100 Uppers + 10 Tuck Jumps

Each complete:

20-40-60-80-100 - Punches

2 - 4 - 6 - 8 - 10 - Jump Squats

Combo 40/10 x 3 rounds

Jab/Upper/Jab/Cross/Hook

Each complete:

10-20-30-40-50-40-30-20-10 - Hooks

2 - 4 - 6 - 8 - 10 - 8 - 6 - 4 - 2 - Box Jump/Step Ups (*padding do star jumps*)

Combo 40/10 x 3 rounds

Jab/Cross/Upper/Jab/Cross/Hook

Timed: 30/10sec x 3 rounds each **Swap after each round*

Butterflies

DBL Punching sit-ups

Alternate punching sit-ups

WORKOUT 19

Timed 30/10 x 2 rounds of each

Jab/Cross

Uppers

Combo 50/10 x 3 rounds

Jab/Cross/Weave/Cross

+ Hook (*for second round*)

+ 2x Hooks (*for third round*)

3 Min Cap: **2 of each, 4 of each etc*

2-4-6-8-10-12-14-16-18-20 - JAB/CROSS

2-4-6-8-10-12-14-16-18-20 - Jumping Lunges (both)

**Do Jump squats when partners turn next*

SPEED 20 second EMOM: *Every 20 seconds on the buzzer (6 efforts)*

50-60-70-80-90-110- Uppers

For Time:

Jab/Cross/Jab/Hook/Hook

10 rounds + 100m run (*or 30 high knees*)

15 rounds + 100m run

20 rounds + 100m run

25 rounds + 100m run

**Swap when boxer runs*

WORKOUT 20

2 rounds:

100 Punches + 100 Uppers + 20 Mountain Climbers **swap*

3 rounds:

50 Punches + 50 Hooks + 5 Burpees **swap*

4 rounds:

50 Uppers + 40 Uppers + 30 Hooks + 20 DBL Sit-ups + 10 Alt Sit-ups
**swap*

5 rounds:

50 Shoulders + 40 Butterflies + 30m run **swap*

6 rounds: *10 of each*

High Punches

Uppers

Hooks

YGIG High Burpees

**swap*

**BOXING
COMBINATION**

+

**WORKOUT
TEMPLATE**

BOXING COMBINATIONS

Jab/Cross
 Jab/Cross/Upper
 Jab/Cross/Upper/Upper
 Jab/Cross/4x Uppers
 Jab/Upper/Jab/Cross/Upper

Jab/Cross/Hook
 Jab/Cross/Jab/Hook
 Jab/Cross/Hook/Hook
 Jab/Hook/Jab/Cross/Hook
 Jab/Cross/Jab/Hook/Jab/Cross/Hook

Jab/Upper/Hook
 Jab/Cross/Upper/Hook
 Jab/Hook/Jab/Upper
 Jab/L.Hook/Cross/R.Hook

Jab/Jab/R.Hook
 Cross/Cross/L.Hook

Jab/Cross/Step
 Jab/Cross/Weave/Cross
 Jab/Cross/Weave/Cross/2x Hooks
 Jab/Cross/Weave/Cross/2x Uppers
 Jab/Jab/Cross/Cross

Jab/Duck/Jab/Cross/Hook/Hook
 Jab/Duck/Jab/Cross/Upper/Upper
 Jab/Hook/Upper/Upper/Hook

Jab/Cross/Duck/Jab
 Jab/Cross/Duck/Jab/Upper
 Jab/Cross/Duck/Jab/Upper/Hook

TEMPLATE WORKOUT 1

Timed 20/5 x 4 rounds

1. _____

2. _____

Combo 40/10 x 3 rounds

1. _____

Combo 40/10 x 3 rounds

1. _____

Combo 25/10 x 3 rounds

1. _____

2. _____

3. _____

Combo 25/5 x 2 rounds

1. _____

2. _____

3. _____

Finisher: For time: **swap after each column*

100 - 50 - Punches

100 - 50 - Uppers

100 - 50 - Hooks

100 - 50 - Butterflies

40 - 20 - Sit-ups

TEMPLATE WORKOUT 2

Timed 10/5 x 10 rounds

1. _____

Combo 40/10 x 2 rounds

1. _____

2. _____

Combo 50/10 x 3 rounds

1. _____

Combo 50/10 x 3 rounds

1. _____

Combo 20/5 x 3 rounds

1. _____

2. _____

3. _____

Finisher:

100 Uppers + 50 YGIG Burpees + 100 Punches + 50 YGIG Chair Squats
+ 100 Hooks + 30 Partner sit-ups *Swap and repeat

BONUSES

TWO HOME WORKOUTS

WORKOUT 1: CARDIO

5 rounds

20 High Knees + 4 Burpees

4 rounds

10 Jump Squats + 5 Push ups

3 rounds

10 Jump Squat turns + 6
Burpees

2 rounds

20 DBL Mountain climbers +
20 Star jumps

1 round

50 Walking lunges
50 Mountain climbers

WORKOUT 2: CARDIO & CORE

35 MIN CAP

21-18-15-12-9-6-3 of everything.

1. Push ups
2. Step Ups e.s
3. Dips
4. Mountain Climbers e.s
5. Slam balls (or squat throws with med ball)
6. Opposite Toe Touches

TWO GYM WORKOUTS

LEGS & PUSH

4 sets x 10 reps

BB Squats
DB Shoulder press

3 sets x 10 reps

BB Lunges es
DB Chest Press

3 sets x 10 reps

BB Sumo Deadlifts
DB Incline Chest Press
DB Lateral Raises

3 sets x 10 reps

KB Goblet Squat
DB Front Raises es
Cable Triceps Pushdown

3 sets x 10 reps

DB Triceps overhead ext
DB Rear Delt Flies

GLUTES & PULL

4 sets

20x BB Hip Thrust
10x Pull Ups

3 sets x 10 reps

BB Romanian Deadlift
Wide Grip Lat Pulldown

3 sets x 10 reps

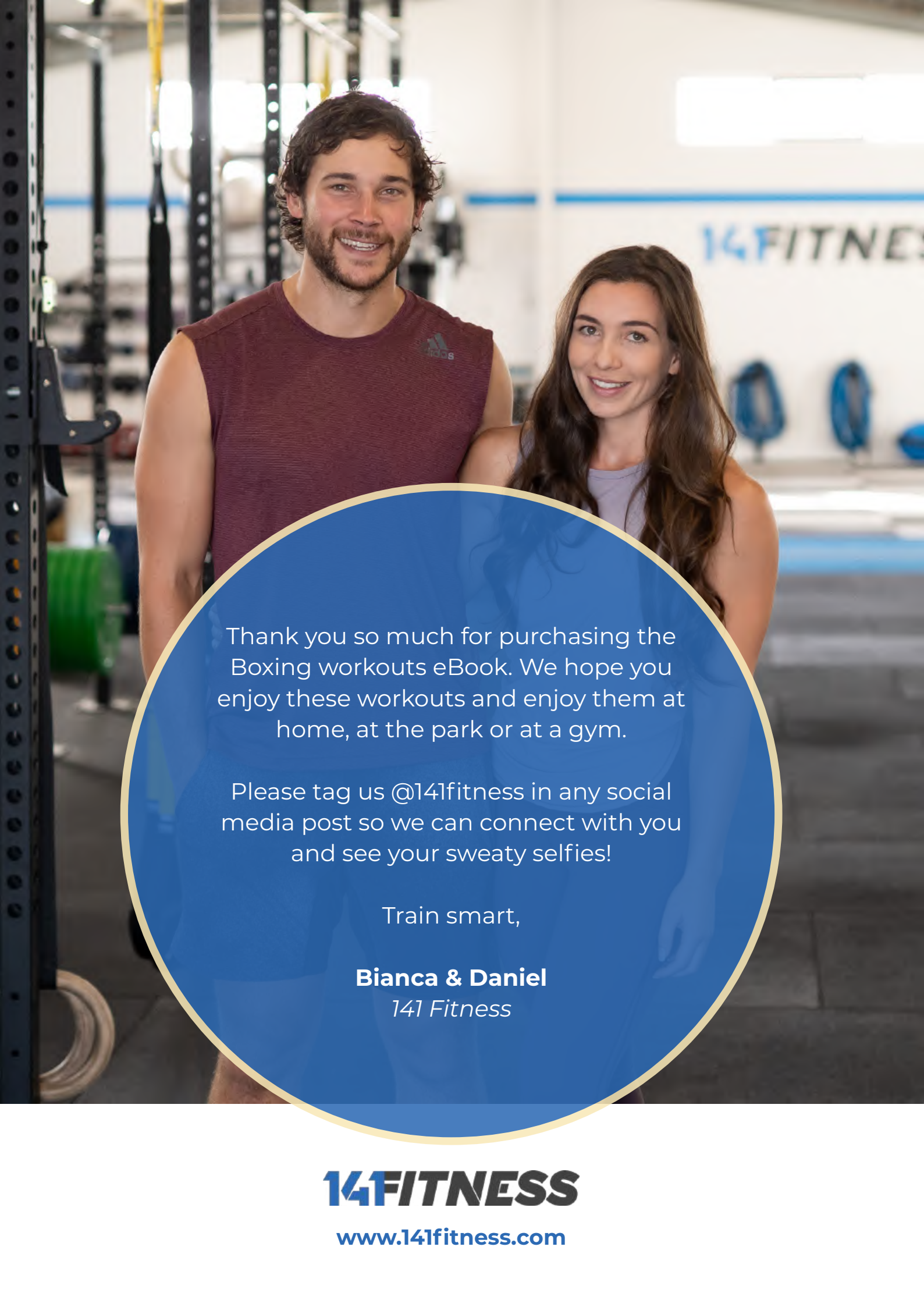
DB Bulgarian Split Squats es
BB Bent over row
Cable Face Pulls

3 sets x 10 reps

DB Step Ups es
Close grip pulldown

3 sets

20 KB Swings
10 DB Bicep Curls es



Thank you so much for purchasing the Boxing workouts eBook. We hope you enjoy these workouts and enjoy them at home, at the park or at a gym.

Please tag us @14fitness in any social media post so we can connect with you and see your sweaty selfies!

Train smart,

Bianca & Daniel

141 Fitness

14FITNESS

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