



B AND B

Level 1 Certification



BOXING AND BARBELLS

Creating Synergy between boxing and weight training

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The Official Boxing and Barbells Program

Level I Certification: Focus on the Fundamentals

Instructor Training Manual

As taught in our Training Headquarters
828 Pico Blvd. #1 Santa Monica, California www.boxingandbells.com

Creating synergy between boxing and weight training
A proven approach to advanced fitness without the boring routine

by

Cary Williams

Certified Olympic Level Boxing Coach and former fighter

Damien Patrick

IFBB Pro Body Builder and Youtube Silver Content Creator

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Does the B&B Program Really Work?

ASK PARTICIPANTS:

"I'm finishing up my fourth month and plan to continue my training with B&B. Professional, focused, disciplined, never boring, and always challenging, your program ... has far exceeded all of my expectations. I recommend B&B every time the subject of exercising comes up in conversation."

"I have participated in Tae Kwon Do since I was 10. I also participate in Aikido and Kenpo, and have been a Tae Kwon Do instructor since age 26. But in the program I felt able to perform a harder workout than in Martial Arts because of the instruction. All the instructors know how to teach the techniques so the students immediately start getting a good workout. It is absolutely amazing how much constant movement boxing entails and how fluid it is and the weight training has made me feel so strong! There is no way I would push myself as hard without the instructors and staff. I feel it is a superior workout to what most personal trainers or other workout programs are able to offer."

"My body leaned out and gained definition, something I have worked on a long time. Boxing and weight training showed quicker results."

"I would highly recommend this program to anyone. (1) It is a great workout. (2) Instructors are encouraging and helpful. (3) The workout really encourages individuals to push themselves each time. ...Probably one of the best cardio workouts, especially for people who want to increase stamina and lose weight."

"B&B's program works you out a lot harder and pushes you harder not to quit. Also, the workouts are fun. It doesn't get boring. Since I participated in the program, I stopped smoking cigarettes, I have more energy, and I'm happier."

"My arms are more toned and thighs tighter. I look great! I walk with my head up with an 'I'm a bad mama' attitude."

"It's a terrific conditioning program."

"I played sports my whole life and never got the workout I get with B&B! I tell others it's the best workout they will ever do!!"

DISCLAIMER:

The Boxing and Barbells training handbook is intended for use only in official training classes and/or private training, as taught by certified Boxing and Barbells trainers.

While we have made every effort to provide complete and accurate information, the instructions, descriptions, and explanations in this handbook are not intended to substitute for professional advice to individual readers. Neither the authors nor the publishers shall be liable or responsible for any losses, injuries, or damages that occur as a result of implementing the suggestions, actions, or programs presented in this book.

The statements and examples in these manuals are not intended to represent or guarantee that everyone will achieve the same results. Each individual's success will be determined by his or her desire, dedication, fitness background, health situation, effort and motivation to work and follow the manuals and video tutorials. There is no guarantee you will duplicate the results stated here. You recognize any learning endeavor has inherent risks.

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Introduction

WELCOME TO BOXING AND BARBELLS

Each of us has a fighter inside looking for a way out—a way to excel, to go beyond what we've achieved already, to reach for our dreams. One person fights for that big promotion, another fights for that gal or that guy, to get closer to their kids, to lose those extra pounds, to quit smoking... whatever success means to them.

And everyone reaches a time in life when it's important to stand up and say, "I can do it!" And mean it—and then stand up to the test.

Boxing and weight training provide just such a test. As challenging sports and workouts, spill over into other parts of life. The correlation between these two and life is undeniable.

Over the years, we have met many great people through our training center and beyond. Men and women, boys and girls, students, athletes, executives, grandparents, and more. Each one brings personal reasons for participating in boxing and weight training, and everyone achieves fitness benefits—far beyond what they've found in other workouts.

Many experience greater strength from the very first class. Participants sleep better and wake refreshed. They feel increased physical and mental energy throughout the day. They notice improved ability to focus attention, greater optimism, and deeper satisfaction with life as they are shaping it.

By the time you complete your training, you'll gain something you may not have expected when you signed up. A deeper self-awareness—as your inner fighter stands up and acknowledges once and for all, "I can do anything!" And know that you have passed the test. Boxing and Bells changes lives—and now you are about to become part of this great movement. Congratulations.

WHAT'S SO GREAT ABOUT BOXING?

In a recent survey conducted by ESPN, sports and fitness experts rated boxing as the world's "toughest sport." Boxing has produced some of the most superbly trained athletes in the world—as well as the most challenging workout. Boxing delivers serious benefits to participants:

PHYSICAL BENEFITS:

- Offers an excellent cardiovascular workout
- Strengthens core muscles & tones the entire body
- Increases endurance and boosts energy •
- Promotes speed, coordination, rhythm & flexibility

- Encourages proper breathing and relaxation.

MENTAL/PSYCHOLOGICAL BENEFITS:

- Enhances sense of strength and power
- Builds confidence, especially in women
- Reduces stress
- Improves focus and heightens awareness.

LIFESTYLE BENEFITS:

- Provides a fast, efficient full-body workout
- Incorporates self-defense skills
- Creates a convenient workout—doable almost anywhere
- Requires minimal equipment and low-cost investment.

Today, the Boxing and Barbells [B&B] program offers the finest co-ed, cardiovascular, sport specific strength training and conditioning program available anywhere to health clubs and sports/fitness facilities across the country—with expertise once offered only to elite amateur or professional athlete.

Now you can take advantage of this outstanding workout

WHAT'S SO GREAT ABOUT WEIGHT TRAINING?

1. LOSE BODY FAT
2. GAIN STRENGTH WITHOUT BULKING
3. REDUCE RISK OF INJURY
4. BURN MORE CALORIES EVEN AFTER WORKOUT
5. IMPROVE POSTURE AND REDUCE JOINT PAIN INCLUDING BACK
6. REDUCE STRESS
7. ENHANCE MOOD

WAY AHEAD OF THE GAME

Cary Williams has been developing boxing programs for many years—drawing on years of experience inside and outside the ring. Cary Williams got involved with boxing over 20 years ago, as a manager, trainer, competitive boxer and entrepreneur who grew a chain of boxing gyms. She won her first amateur bout in the Pacific Northwest Women’s Open Tournament. A gifted speaker and businesswoman, Cary has sparked interest and encouraged the participation of women in boxing. In addition to contributing to a variety of national and regional news, business, and sports/fitness publications, Cary is a frequent guest on radio and podcast programs; she has appeared on the popular **NBC TV show, *Fear Factor*, Lifetime TV show *Fit to Fat to Fit*, CNBC TV show *Billion Dollar Buyer* and *The Doctors*. She has been featured in many national publications, including *Shape*, *FHM*, *Entrepreneur*, and the *New York Times*. She has also graced the cover of *Muscle & Fitness HERS* magazine.**

Today, Cary is a **certified USA BOXING Level IV Olympic Level Coach**, approved to train and certify Level 1 and Level 2 Boxing Coaches. Cary is one of just 3 women in the country to achieve this level of coaching proficiency. **Adidas** chose Cary as their boxing instructor for its nationwide program, “**Training for Sports 2000.**” She has been spokespeople for Everlast and also **created the Everlast ShadowBox class format for 24 Hour Fitness.**

Her boxing formula works because it’s based on solid knowledge and sound experience: to deliver a level of boxing expertise and training previously available only to elite amateur or top-rated professional boxers. Boxing and Bells program gets participants in the best shape possible in the shortest possible time.

Damien Patrick

Has been in the fitness business for over 19 years. He has held certifications with different associations and has an extensive knowledge in bodybuilding, weight training, plyo-metrics and weight loss. His bodybuilding training videos for beginners to advance have been viewed over 30 million times around the world. He has a following of close to a million people worldwide on social media and has been featured in *FLEX* magazine.

When he is not educating the world on fitness you can find him either training his clients from the normal 9-5er to A-list celebrities or competing in the world of bodybuilding where he has won overall titles.

A UNIQUE OPPORTUNITY

How do health, fitness, and sports clubs separate themselves from their competition? One key is to offer premier programs that attract member interest and spark their participation. Such programs bring in additional revenues for the club and help and retain members longer. That’s

where Boxing and Bells comes in. Facilities that offer fitness training, weight training, martial arts, as well as schools, law enforcement organizations, Cross Fit, Boot camps and personal training are eligible to host the Boxing and Bells program with a BNB certified trainer.

The Boxing and Barbells workout attracts both men and women at all fitness levels—they don't have to be top athletes. BNB's unique approach and intense, progressive workouts produce a camaraderie always needed in group fitness programs. This gets women lifting weights who would normally feel uncomfortable in the weight room. It also allows men to feel comfortable in the aerobics room since boxing and weight training are activities they are more familiar with.

BNB participants are people looking to challenge themselves, and also for support and encouragement. That's what they get from BNB—and that's just the beginning. Students learn to excel beyond their expectations. And when people get **more** than they expect, they return again, and they tell others about their positive experience.

BNB offers a turnkey program that makes it easy for health clubs, sports facilities, and other organizations to enhance the level of services they currently offer. In addition to helping clubs retain members and adding value to their regular offerings, BNB program includes:

Intensive training courses for your instructors.

- Certification for instructors who successfully complete our rigorous training program.
- Rights to use the highly respected Boxing and Bells name, logo, and official program.
- Product sales opportunities for official BNB, Total Alpha and Too Pretty merchandise.
- Involvement with a nationally recognized, high-profile program that enhances and complements your existing business.

BNB's boxing program, developed by Cary, has been featured on programs on NBC, CBS, ABC, CNBC and FOX networks, as well as in national publications including *Muscle & Fitness*, *Oxygen*, *Shape*, *Energy*, *Entrepreneur*, and *Fitness*.

Facilities that offer the elite BNB programs set themselves apart from all the other clubs in their market. They're able to advertise "Boxing and Bells Certified" and "USA Boxing Certified" trainers. Clubs may also be eligible to register with USA Boxing for its special insurance policy. BNB's weight training program, developed by Damien has been featured on Extra TV and online fitness publications.

Why Choose Boxing and Barbells over other Programs?

BNB offers more than simply a premier workout. It challenges people mentally, as well as physically. Boxing and Barbells offer real instruction in boxing technique and proper weight training as part of a tough conditioning program for individuals tired of the routine of aerobics classes and cardio machines. Increasingly, people want to participate in activities where they learn something new and stimulating enough to enable them to forget the stresses of everyday life.

Real boxing instruction, weight training and fitness conditioning have never been offered in this unique group-training format. Participants love the intensity, the challenge, and the personalized attention. By the end of their first BNB class, they develop a certain attitude: ***“I can do anything!”***

Beyond Body Parts—Advantages of Increasing Core Strength

Boxing offers such a great workout because it emphasizes cross-training. That’s great—but there’s more to it than simply working to develop stronger parts. That’s why the BNB workout emphasizes improving core strength and stability as the basis of fitness.

No matter how well-developed the rest of your body, without a strong core, you put yourself at risk for injury, especially lower back pain. Without a strong, stable core, you’ll never reach the peak performance you’re after. Your “core” includes the all the muscles around your abs, lower back, and hips:

- Rectus abdominus
- Internal & external obliques
- Transverse abdominus
- Intercostals
- Erector spinae
- Hip flexors (iliacus & psoas)
- If you’re serious about strength training and enhancing your performance, make sure you concentrate on your core. Improving your core makes a big difference in your body: you’ll stand straighter, feel stronger, and look better. Improving core strength gives you a significant advantage, no matter what sport or exercise routine you choose to follow for lifelong fitness, flexibility, strength, and endurance.

The BNB workout emphasizes core strength as the foundation of all movements. For optimal results, use your core—constantly incorporate core muscles into all your movements.

Who Participates in Boxing and Barbells?

We've worked with both male and female clients, ages 18 to 72, in Boxing and Bells classes conducted at our headquarters training facility. Participants come from all walks of life and all fitness levels, from self-described "couch potatoes" to competitive athletes—and all have experienced real results from their participation in the BNB Program.

Training the Trainers: Boxing and Barbells Level 1

Our official training headquarters in Santa Monica, California, has been called the finest boxing gym on the West Coast. That's where we hold training sessions for instructor certification as well as in hosting them in cities around the world. Instructors receive the best hands-on training, combined program manual designed to teach boxing fundamentals, proper weight lifting technique, conditioning, and variations in exercises and routines.

Training starts with the fundamentals—boxing and weight training fundamentals and the tools needed to run a BNB class the right way. All trainers receive solid introduction on BNB basics:

- How to create a safe workout
- How to teach boxing and weight training to multiple clients
- How to use and maintain the equipment
- When to challenge clients to the next level—safely
- Basic challenge exercises
- Strategies to help clients overcome fears or misconceptions.

SESSION INCLUDES:

Morning (3-4 hours): lecture and hands-on training, demonstrations, observation, notes, dialogue, questions & answers, and practical training, including proper use of all equipment.

Afternoon (3-4 hours): how to work with individuals at their skill level and how to continue the progression. Conduct a mock BNB class. If we feel you are able to conduct a class at that point, you will receive your certification. If not, you have 30 days to send in a video of your training a class.

Following successful completion of the Boxing and Bell's 1-day Level 1 training, participants return to their home facilities and put their training into practice.

Use that time to practice the movements, understand the concepts, refine your technique, and learn the BNB routines as described later. The Boxing and Barbells Training Schedule which

lays out the workouts. You may be surprised at how much your strength, endurance, speed, and flexibility improve during the first month following BNB's Level 1 training.

To complete the final step for certification (if you did not pass on the day of the training), each trainer will provide a video tape of themselves teaching a mock Boxing and Barbell's session.

Trainers must have at least 4 volunteers to participate in your mock class. Trainers are evaluated based on their ability to teach the movements correctly and to keep the BNB's participants actively engaged in their boxing and strength training routines throughout the class.

Those trainers who successfully complete this phase of the training and pass exams will be eligible to conduct the Level 1 BNB program and may register as a Level 1 Boxing Coach with USA Boxing. **We will provide instruction on how to become USA Boxing certified.**

BOXING FUNDAMENTALS

Working on the fundamentals. Everyone starts here, no exceptions. Get ready to experience the toughest, most intense workout you've ever had—and love it.

As you learn these boxing fundamentals, expect us to throw everything at you except punches. You'll find out how to perform the basic movements correctly and how to combine them into effective routines you'll use over and over again while training others. Even if you're members are in great shape, expect them to be challenged at the highest level.

Boxing fundamentals focus on how to:

- Stand, position your body, relax, and breathe correctly.
- Understand proper body mechanics, to avoid injury.
- Increase your flexibility, speed, and endurance.
- Build your core strength—by incorporating your whole body into each movement

After mastering these fundamentals, you'll learn to train others to achieve the unique benefits of the Boxing and Barbells workout in fast paced dynamic 50-minute workouts that are tough and fun—efficient and effective.

Plan ahead to make the most of your instruction during your Boxing and Barbells Training. Use this Handbook to refresh your memory and help you fine tune your own movements and prepare better to train others through BNB your gym or health club offers.

To get the most from your onsite training, set goals for yourself right at the start and record your progress. After your initial Boxing and Barbells training, track your workouts, and monitor your progress toward certification as a Certified BNB Trainer. By setting goals and monitoring progress, you'll get even greater benefits from your training and commitment.

Preparation

Participants come to each class ready to get down to work immediately. Proper preparation:

- Starts with the right equipment
- Includes a positive mental attitude.
- Depends on a relaxed, limber, conditioned body.
- Demands your commitment to give your workout everything you've got.

But—don't go overboard. Your participants will be working and moving your body in new and more demanding ways than they are probably used to. Take time to teach movement properly. Push them but keep their limitations in mind.

Equipment

Boxing and Barbells training doesn't require a lot of elaborate equipment. Much of it is already available at the gym or fitness center where you work. You'll need the following individual equipment:

- 180-inch hand wraps (we prefer the elastic ones)
- BNB gloves (sizes: Small, Medium, Large)
- Jump rope (depending on height: 8, 9, or 10-feet long).

Inform participants to wear comfortable workout clothes and a pair of lightweight running shoes. Tell participants to come to each training session ready to work—that means arrive early and wrapped hands. They won't want to miss a thing!

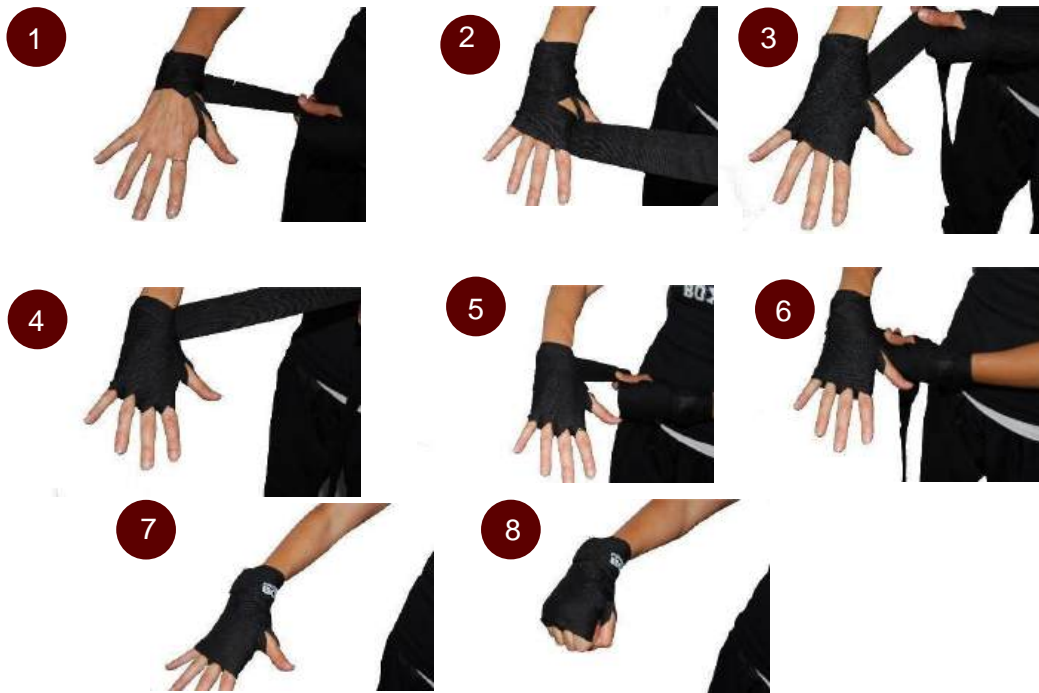
***Always remember and practice the most important rule in boxing:
Safety, Safety, Safety.***

HOW TO WRAP HANDS

Purchase elastic-style or canvas hand wraps about 180-inches long. We like elastic wraps best, because they conform to the shape of your hands. Before getting started, be sure to remove any rings, watches, and other jewelry that can cause injury to your hands, fingers, or wrists.

Wrapping your hands separates your joints; keeps your wrists, fingers, and knuckles secure, and reduces the chance of injuries. Your method of wrapping will depend, in part, on the size of your hands.

- Spread the fingers of one hand wide and start by threading your thumb through the loop.
- Take the wrap across top of your hand and wind it 2 or 3 times around wrist—not too tight.
- Drop the wrap down and wrap your knuckles 3 or 4 times.
- Wrap your wrist once or twice, then wrap between your outside fingers (pinky and ring finger).
- Wrap the wrist again, then take the wrap down between your index and middle finger.
- Wrap the wrist again, then go through the center two fingers (middle and ring fingers).
- Next, wrap across the knuckles a time or two, then move back up to wrap snugly around wrist.
- Continue to wind the remaining wrap higher on the wrist, well above your wrist joint, then fasten with the Velcro strip.
- Repeat on your other hand. Always look at the top of hand when wrapping.



Muscle Focus

In the introduction, we briefly discussed the focus on developing a strong, stable core. Now let's look at how specific areas of the body are impacted by the various activities boxing involves.

JUMPING ROPE:

Dorsal flexion (ankle joint extension), front of shin, tibialis anterior, extensor digitorum longus, peroneus tertius.

Plantar flexion (extension), back of calf, gastrocnemius, soleus.

Knees—(shock absorbers), participate in push off: quadriceps femoris, gluteus maximus. Upper body: biceps, triceps, deltoids.

Hands up:

Holding up the hands/arms: anterior deltoid, pectoralis major, coracobrachialis. **Shoulders:** *serratus anterior, upper and lower trapezius, supraspinatus, deltoids.*

Throwing punches:

- Leg abduction used to push body weight from back leg: gluteus medius.

- Core: upper and lower rectus abdominis, internal and external obliques, erector spinae, medial and lateral rotators, quadratus lumborum.
- Getting punches out and back: latissimus dorsi, teres major, lower pectoralis major.
- Slow swinging action: upper trapezius, levator scapulae, rhomboids.
- Pushing out punches: triceps brachii.
- Turning hands over: (forearm) supinator, pronator teres, flexor carpi ulnaris, flexor carpi radialis; (wrist) pronator quadratus,

Shadowboxing:

- **Upper body:** upper trapezius, deltoids, biceps brachii, triceps brachii.
- Calves, quadriceps, rectus femoris, gluteus medius
- Lower trapezius, rhomboids, erector spinae, rectus abdominis, internal and external obliques.
- **Forearm:** brachioradialis.

Speed bag:

- Upper trapezius (top of shoulder).
- Deltoids, biceps, triceps, and forearms.

Beginners:

Expect to experience some tightness in calf muscles and maybe in knees and ankles. If tightness or cramping occurs, slow down, and stretch your muscles. If you experience shin splints, that usually means you need shoes with better shock absorbency. After class, ice down any areas of soreness. You'll adapt, and the workout will get easier. Of course, it'll get harder before it gets easier!

Note:

We use a clock to help you position your body as we go through the rest of the fundamentals. Imagine 12 o'clock directly in front of you while you face the mirror. And, view your reflection in the mirror as your opponent. This will help you align your body correctly and focus your punches.

Remember:

Whatever fundamental or combination you work on, all movements—including your punches—start at the core. Keep this in mind. Everything emanates from the core.

Fundamentals First

As you'll learn, proper stance, breathing, body mechanics, and form all play a role in performing the fundamentals correctly and generating the benefits this workout offers, while sloppy fundamentals can lead to injuries.

Tips for improved performance when learning the fundamentals:

Remember to breathe! Exhale on the exertion.

Loosen up and relax; shake out your shoulders and arms when you tighten up. Keep your focus on the mechanics of your movements.

Actions emanate from your core. Imagine your punches originating not from your hands and arms, but from your abs and shoulders. Engage your whole body in the workout for maximum effect.

When hands are wrapped and ready to go, time to grab a jump rope. Position at the far end of one of the 5-foot lines in front of the full-length mirrors. Perform the first segment of workout back and forth along this line—according to the trainer's instructions. Monitor form and movement using the mirrors.

The fundamentals start with skipping rope—an integral part of every boxer's training. Skipping rope provides an excellent warm-up, improves footwork and coordination, and it's a great addition to your cardio routine. You'll get more from skipping rope and from all the fundamentals as you master your movements from the inside out.

Take the time to master the fundamentals, and you'll experience positive changes from your very first BandB workout.

That's a promise...

1. **JUMP ROPE FUNDAMENTALS** **BREAKDOWN**

- Practice first without the rope to find your rhythm, then add the rope.
 - Square off facing the mirror so you can monitor your posture.
 - Release upward in a slight burst—only ¼-inch off the ground.
 - Maintain a slight bend at the knees.
 - Focus on synchronizing the rotation of the rope with your jump.
 - Jump once for each rotation of the rope.
 - Tuck your elbows in close to your waist, with forearms horizontal to the floor.
 - Relax your wrists and let your wrists do the work of rotating the rope.
 - Stay loose and keep breathing.
 - Start slow and work on your rhythm and wrist/foot coordination.
 - Add speed gradually.
- We'll focus on 3 basic methods of skipping rope:

STRAIGHT-LEGGED SKIP:

Your basic skip.

- Jump straight up in the air—just ¼ inch.
- Keep your feet together.
- Maintain slight bend at the knees.
- Relax your upper body.
- Tuck your elbows in and hold arms horizontal to the floor.

- Keep the action in your wrists.

Tip:

Never allow your hands or forearms to rotate the rope; keep the rotation in your wrists.

BOXER'S SHUFFLE:

- Again, practice first without the rope. Skip using your heel and toe: kick one foot outward touching the heel of the other foot, then quickly switch feet.
- Start with a straight-legged skip.
- Find your rhythm, then kick one foot out forward, heel touching the floor.
- Quickly bring that foot back, jumping over rope with both feet.
- Next, kick out the opposite foot and repeat the sequence.
- Time each rotation of the rope with your moving feet.
- Above all, stay relaxed. It'll come.
- When you have trouble finding your rhythm, practice without the rope.
- Concentrate on staying limber and relaxed.

KNEES-UP JOG:

- Simple as it sounds. Jog in place, keeping your knees up, one rotation of the rope for each step. In other words, bring your alternate knee up at every turn of the rope.
- Stay balanced on the balls of your feet as you skip.
- Short burst upward just a little—1/4 inch—and raise your knees up high.
- Rotate the rope once with each skip.
- Work the rope with your wrists—instead of your hands and forearms.



2. BOXER'S STANCE FUNDAMENTAL BREAKDOWN:

- Position yourself at the end of your 5-foot line, left shoulder faces the mirror, feet shoulder-width apart.
- Position your left shoulder at 11 o'clock with your right shoulder about 5 o'clock.
- Bend slightly forward from the waist.
- Always keep the ball of your left foot on your line pointing at 2 o'clock.
- Position your right foot behind and to the right of the line—pointing toward 2 o'clock. Note that both feet point in the same direction.)



Raise your right heel and keep it lifted slightly off the ground.



Keep both your knees slightly bent; stay balanced on the balls of your feet.



Both toes point in the same direction: at 2 o'clock.

Very Important:

- Keep about 2/3 of your weight on your back (right) foot.
- As you step forward, always lead with your left foot and push off with your right foot.

Focus point:

As the basic stance for all of your movements, you'll return to your basic stance again and again.

3. HANDS-UP FUNDAMENTAL

- Start from boxer's stance, facing the mirror with your left shoulder.
- Keep left hip and left knee in line with left shoulder.
- Raise your hands up to a point just beneath your cheekbones.
- Make fists with thumb clasped on the outside of your fingers.
- If you can't see the back of your thumbs, your hands are too close to your face.
- Bend your wrists slightly inward.
- The sides of each palm face the mirror.
- Bend slightly forward bend at the waist.
- Avoid chicken wings! Keep elbows tucked close to your waist.
- Next, add your step-drag, moving back and forth along your line, with hands in correct position.

FOCUS POINTS:

- Avoid bringing your hands too close to your face.
- Keep your chin down and tucked.



4. STEP-DRAG FUNDAMENTAL

BREAKDOWN:

- Starting from your boxer's stance, always lead with your left foot when you step forward and drag your back (right) foot along the floor behind you.
- Leading with your left foot, take a small step forward, stepping in a toe-to-heel motion, along your line.
- Drag your back foot along the floor the same distance as the step you took with your front foot.

- Distribute weight on the balls of your feet, with 2/3 of the pressure on the ball of your back foot.
- Take small steps, just a few inches at a time.
- Tuck your chin and keep your upper body relaxed.
- Maintain a slight bend in the knees.
- Moving backward, always move the back (right) foot first.
- Back foot points toward 2 o'clock when dragging.
- Keep a constant distance between your feet.
- Stay relaxed and focused!
- Practice moving forward and backward along your line.
- Use the mirror to check your posture.
- When you get your coordination down, speed up the step-drag.
- Finish in your basic boxer's stance.

FOCUS POINTS:

- Never stand or step flat-footed or with the heel first.
- Avoid lifting your back foot off the ground as you move it forward.
- Keep the pressure on your back foot as you drag it forward, knee slightly bent and toes pointed toward 2 o'clock.
- When advancing, front foot moves first and when retreating, back foot moves first.
- Never allow your feet to get too close together.

5. JAB FUNDAMENTAL BREAKDOWN:

- Starting from boxer's stance, break it down first, to get the footwork, then add the arm movements.
- With hands down, practice moving your left shoulder and left foot together, then incorporate the step/drag.
- Focus on your nose (in the mirror); imagine your reflection as your opponent
- Start all your movements from your core—your abs—keep them engaged.
- Maintain a slight forward bend at the waist.
- Once you get a feel for the rhythm of this movement, add the jab.
- Extend your left arm, bringing your forearm down like a hammer.
- As your left forearm drops, rotate your wrist forward at the very end, knuckles facing the mirror.



Release your left arm, bringing your forearm down like a hammer.



Rotate your wrist forward the very end, knuckles facing the mirror.



Imagine your left arm moving as an extension of your left shoulder.

Step with the ball of your front foot, while pushing off from the back foot at the same time you jab. Make these movements simultaneous.

Breathe as you throw your jab and rotate your left shoulder forward.

When you return your left hand back to your face, drag your back foot same distance as you stepped with the front foot.

FOCUS POINTS:

- Keep your chin tucked and elbows in.
- When throwing jab, left elbow should always point down.
- Avoid hyper-extension (locking the elbow on extension). Keep the slightest bend in elbow on extension.
- Immediately snap your arm right back up. Your jab operates like a whip—fast and focused.
- Once the ball of the foot hits the ground, the punch is at impact—simultaneous movement.

6. RIGHT HAND (STRAIGHT-RIGHT OR RIGHTCROSS) FUNDAMENTAL

BREAKDOWN:

- Imagine holding a baseball in your right hand. You're in the outfield, and you've just caught a fly. Now, throw the ball home, following through with your body.
- From that position, shift your weight to the ball of your back foot and form a fist with your right hand—making sure it covers the nose of your opponent in the mirror—and bring up your left hand.
- As you twist your hip, allow the right knee to bend. Without this rotation, you could strain your right knee.
- As your right shoulder propels your right arm forward, your shoulder, hip, knee, and foot rotate forward together, all in alignment.
- Bend your right knee slightly, as you twist your right hip.
- Your right fist follows through in a straight line toward your opponent's nose in the mirror.
- Rotate your forearm downward at the end of your extension, so your punch lands palm down, knuckles facing the mirror.



- Keep elbows down as you twist your hip
 - Keep left hand up
 - Keep pressure on back foot
 - Bend right knee and chin down
-
- Keep your knees slightly bent the whole time.
 - Rotate your body back into starting position, as you return your right hand to position in front of your face.
 - When you throw your punch, exhale out loud: “Shhhh.”

FOCUS POINTS:

- Remember to keep 2/3 of your weight on the ball of your back foot.
- Avoid hyper-extending your right elbow by keeping it slightly bent on the extension
- Twist the core of your body including hips, which allows your right shoulder to move correctly.
- Do not twist the back foot completely
- Avoid turning your head to the left as you throw your right hand.
- Keep chin down and neck relaxed.

BONUS: BASIC ONE-TWO**BREAKDOWN:**

The basic one-two combines fundamentals #5 & #6: the jab and the straight-right punch. First, practice with shoulders only—while keeping your hands limp and arms completely relaxed.

- Coordinate your upper body movements with your step/drag as you move back and forth along your line.
- When you get that down, add the arm movements (punches).
- Start slowly, breaking this combination down into its separate parts.
- Your left hand and foot work together, as you step you also jab.
- Your right hand works and foot work together as you drag the back foot forward.
- The left and right hand pass one another in this combination. As one hand returns to the face, the other is just moving forward.

Here is where this simple combination gets tricky.

- As you bring your left hand back to your face (dragging the ball of your right foot), rotate your right shoulder forward and throw out your right hand, while you drag your back foot forward and twist it. In a word, synchronize your movements.
- Bring your right hand back to hands-up position by twisting your shoulder and hips back into basic stance.
- Keep your elbows close to the waist and chin tucked in
- Breathe—and remember to exhale each time you throw a punch.

FOCUS POINTS:

- Remember to move your arms as extensions of your shoulders.
- Keep your knees slightly bent, 2/3 of your weight on your back foot.
- Bring your arms out fast and bring them right back in to protect your face.
- Don't hyperextend your elbows—ever.
- Keep your wrists bent slightly forward and rotate them: fists should land palm-down when punching.

CONSECUTIVE ONE-TWOS

7. LEFT HOOK FUNDAMENTAL BREAKDOWN:

- Again, start in your basic stance with hands down.
- Rotate your left shoulder, hip, knee, and foot as you forcefully twist your trunk until your left shoulder and hip face 12 o'clock. Try not to twist front foot but rather roll it inward.
- Right shoulder and hip is thrust behind you, in turn, placing your back heel down and pulling your weight slightly back.
- At the same time, move your right shoulder to 6 o'clock, as you roll on the inside of your left foot, keeping your heel just slightly off the ground.
- Keep your shoulders and hips in line with each other and contract your abdominals.
- Then bring hand back to position.



1. Rotate right, bringing your left forearm forward and turned down to the right. Bend your left elbow in a 90-degree angle
 2. As you rotate your body to the right, bring your left forearm out in front of you, turned down to the right. (L-shape).
 3. Keep your forearm horizontal to the GROUND
- Bend your left elbow at a 90-degree angle (L-shape), keeping your forearm horizontal to the ground.
 - Turn your knuckles down slightly on impact to avoid wrist injury.
 - Do not allow your punch to get too close to your face or your elbow to pass your left ear in the mirror.
 - After impact, allow the twisting of your trunk to return your hand back into position while placing your feet and body back in to your basic stance.
 - Move through this rotation slowly at first
 - Imagine a string ties your wrist and knee together. Everything moves simultaneously.
 - Add speed as you find your rhythm.

FOCUS POINTS:

- Avoid swinging your right arm back as you throw your left hook.
- Avoid overextending your arm—beyond a 90-degree angle.
- Bend your wrist slightly—just before impact.
- Keep your weight evenly distributed, but pull some of the weight to back foot.
- Bring your elbow up as you throw your hook, but make sure you can see over your forearm.

8. THE UPPERCUT (LEFT & RIGHT) FUNDAMENTAL

- Start in your boxer's stance, left shoulder at 11 o'clock.
- Bend your knees slightly, dropping about 2 inches.
- As you drop, lean your upper body forward slightly.
- Then push up with your legs, swinging the left side of your body upward in a swooping motion, your left shoulder rotates the left arm out and upward.
- Punch upward with your left fist, keeping your palm facing you, with a slight bend in the wrist.
- Keep your pressure on your back foot for leverage and power.
- Keep your opposite arm up, protecting your face.
- Finish with your left shoulder at 12 o'clock.
- Pull your hand and arm right back into position.

RIGHT UPPERCUT:

- Closely review instructions for left uppercut and reverse them.
- From boxer's stance, bend your knees slightly, dipping about 3 to 4 inches, as you lean slightly forward with your upper body.
- Push upward forcefully, engaging both legs.
- Rotate slightly on the ball of the right foot, but do not move the front foot.
- Be sure you slightly twist your back foot and bring your right shoulder to 11 o'clock.
- Bring your right fist up and outward as you rise.

FOCUS POINTS:

- Avoid standing straight up as you throw your punch but don't stay squatted.
- Keep your left hand close to your face until you push up with your legs.
- Make sure punch ends up at least 1 foot away from your face.

UPPERCUT PROGRESSION:



9. BODY PUNCHES (LEFT & RIGHT)

FUNDAMENTAL

BREAKDOWN: LEFT-BODY PUNCHES:

- Starting from the orthodox boxer's stance, bend your knees deeply to move into a "crouched" position (sometimes called "wrestler stance").
- Keep your weight evenly balanced while maintaining 2/3 of your weight on your back foot
- As you lean forward, thrust your left arm in a swooping motion while rotating forward with your left shoulder, hip, knee, and foot.
- Keep your knees deeply bent, with your head at your opponent's chest level. Your target is your opponent's lower body.
- Allow the momentum of your body to throw your arm out from your shoulder. Your punch impacts at waist height.
- Maintain a slight bend in the wrist; in a scooping motion, throw your body shot with your palms facing up and impact the bag with first 2 knuckles (of your index and middle fingers).



- Leaning forward, thrust your left arm in a swooping motion, as you rotate. Keep your knees bent in crouched stance.
- Punch will impact the left side of opponent's body, rotate forward with left shoulder, hip, knee & foot.

RIGHT-BODY PUNCHES:

- Similar to left body shot, but everything is opposite
- Start from your crouched position.
- As you begin to lean forward, thrust your right arm in a swooping motion and rotate your right hip and right shoulder forward, twisting slightly on the ball of the right foot.
- Allow the momentum released by the twist at your core to throw your right arm out horizontally.



Keep your palm up



Lean forward at the waist

and wrist bent on impact.
Always keep knees bent.

and thrust your right arm
out as the right side of your
body rotates forward.

FOCUS POINTS:

- Be sure to bend your wrists on impact and avoid hitting the bag with your outside knuckles. Common causes of wrist injuries include hitting the bag with the outside knuckles and failing to keep palms up on impact.
- Avoid standing straight up when throwing the body shots. Keep your knees bent.

10. THE PICK FUNDAMENTAL

- Rotate your right shoulder forward, bringing along your right hip, knee, and foot.
- Keep your weight centered on the balls of the feet.
- Bring your right hand forward only a few inches, palm facing mirror.
- Cup your hand in front of your nose to “pick” your opponent’s punch.
- Return your hand immediately to position in front of your face.



Cup your hand in front of your nose to pick the punch.



Move your hand forward just a few inches, with palm facing toward mirror.

PRACTICE #1:

- Practice slowly first, to get a feel for the movement.
- When you've got it down, perform the whole sequence in real time.

PRACTICE #2:

- Now, let's add some offense.
- Rotate forward and pick the punch.
- As you bring your right hand back up into position, throw your jab.
- Be sure to step forward as you jab.
- Return immediately to your basic stance.

FOCUS POINTS:

- Keep your shoulder, hip, knee, and foot—all in alignment
- Avoid pushing your hand out too far. Keep it close to your face.
- Tuck your elbows in and keep your movement compact, to maintain greater control of the sequence.

11. THE SLIP FUNDAMENTAL

BREAKDOWN:

Start your slip with a forceful twist at the waist (left or right), encompassing that whole side of the body.

SLIP LEFT:

- Stay balanced in your stance.
- Center of movement is at your hips.
- Move the right hip along with your right shoulder and knee, as the ball of right foot twists slightly in the same direction.
- Your right shoulder moves to 1 o'clock and left shoulder to 7 o'clock, with your right forearm vertical in front of body.
- Your fist covers your nose, while the back of your hand faces the mirror.
- Twisting your body moves your head out of the way of the punch.
- Now twist right back into your basic stance.



ADDITIONAL SLIPS:

The slips above are side bend slips, the slips in the video also show more slips that you can counter from. For the left slip on those, the right shoulder is brought down lower than the left shoulder and vice versa for the right slip.

BONUS: SLIP-JAB

- Keep the pressure and balance on your back foot, so you can push off with that foot.
- After slipping to the left, shoot out your jab as you step with the front foot and push off your back foot simultaneously.
- Drag the back foot forward as you bring the jab hand back to your face.

BONUS: SLIP-HOOK:

- From your starting position, the boxer's stance, move into a defensive "slip" to the left.
- As you return to your starting position, roll on the inside of your left foot, engaging your left hip and left shoulder.
- Thrust your right shoulder backward, raise your left elbow upward with forearm horizontal, and turn over your hook.
- Remember: your target is your opponent's nose in the mirror.
- You should be able to see over your forearm in this position.
- Bring your arm back in immediately, and resume your basic stance.

FOCUS POINTS:

- Avoid leaning too far forward, simply twist your body.
- Your head continues to face the mirror; don't twist it along with your body.

12. BOB & WEAVE FUNDAMENTAL

- Think of tracing a big “U” in the mirror with your head and torso.
- Starting from your basic stance, slip to the left.
- Drop straight down by bending your knees.
- Keep your torso upright. Avoid leaning forward as you move downward.
- Swing your body around to the right, bringing your left shoulder forward to 12 o'clock.
- Staying low, swing your body back around to the left, coming up in the left slip position.
- Twist your shoulders back into your basic stance, left shoulder at 11 o'clock and right shoulder at 5 o'clock.
- Maintain pressure on the ball of your back foot at all times.
- Keep your hands up, elbows and chin tucked in.

FOCUS POINTS:

- If you feel this in your lower back, you are leaning too far forward and could injure your lower back.
- Always remain upright, bent slightly forward at the waist.
- Progression of the bob & weave:



13. PIVOT & DOUBLE PIVOT FUNDAMENTALS

- Begin in your basic boxing stance.
- Swing your right leg clockwise, balancing on the ball of your left foot; allow the left foot to pivot with your body, keeping your heel slightly off the ground.
- Keep your right foot on the ground as it moves, allowing knees, hips, and shoulders to adjust to your new position.
- Finish in your basic stance, at a 45-90-degree angle from your starting position.
- To return to your starting position, push off your right foot and swing it back around, while pivoting on the left foot keeping the left heel slightly off the ground.



DOUBLE PIVOT:

- Also starts from your basic stance.
- Swing your left foot and left side of your body around counter-clockwise into “southpaw” (left-handed) stance, still facing the mirror.
- Then, using the same technique, immediately swing the right foot and side of the body back clockwise, sliding your right foot along the floor until it reaches your orthodox starting position.
- Stay balanced on the balls of your feet and slide your foot along the floor as you move.



- Start your pivot in foot clockwise, keeping starting position
- Swing left foot and left Then slide your right clockwise.
- Finally, return to your basic or “orthodox” side of body counter-boxer’s stance it on the floor.

FOCUS POINTS:

- Avoid straightening out your legs as you pivot.
- Placing too much weight on the front foot prevents your foot from pivoting with your body and could lead to knee injury.

14. STEP BACK FUNDAMENTAL

- From boxer’s stance, step back with your right foot 6 to 12 inches.
- Bend your back (right) leg and hold your front (left) foot in place.
- Keep your back straight.
- Next, drag your right foot forward to return to your basic stance, feet shoulder-width apart.

**FOCUS POINTS:**

- Step back far enough to avoid a punch
- Drag your right foot back into position, not too close to your front foot.
- Avoid leaning your torso backward.

15. THE SHAKE FUNDAMENTAL

- Start from your basic boxer's stance:
- Burst slightly upward into the air.
- Shoot your left foot back so it faces 9 o'clock; land in a spring position with your left heel up.
- At the same time, shoot your right foot forward (facing 3 o'clock), while keeping your feet shoulder-width apart. Your body faces 3 o'clock with head points toward 12 o'clock.
- Push off with your left foot, walk to the right a few steps, then return to your basic stance.
- Take a comfortable walk—about 3 steps—then back-peddle.

NOTE:

- *Back-peddle means jogging backwards, kicking up your heels.*

Progression for the shake:



FOCUS POINTS:

- Always take a few comfortable steps to the right after the shake.
- Make sure you kick the left foot back toward the left, not the right foot.

16. HEAVY BAG FUNDAMENTALS

Think of the heavy bag as your opponent. Imagine the space between you and the bag as a zone—if you can hit the bag, you’re within reach of an opponent. Your “zone” includes all the space behind your knuckles. **The key to all your punches is the distance between you and the bag-**



TO FIND YOUR ZONE:

- Face the heavy bag in your basic stance.
- Bring left arm out as if jabbing and touch the bag with your fist, then take one small step backward. That is your zone.
- Keeping your jab out, turn in a complete circle; this is your entire zone.

STEP-ADJUST:

- Step to the left side of the bag with your left foot.
- Drag your right foot to the left, swinging your hip around—returning to your basic stance.
- Remember to keep your right foot to the right of the left foot and right heel up.

Note: When punching the bag, all punches emanate from the core of your body.

JAB:

As you step to the left of the bag, throw out your jab, hitting bag with all 4 knuckles. Bring your jab right back to protect your face as you drag your right foot to the left, returning to your basic stance.



- Your glove will impact bag like this on ALL straight punches.
- Step left as you throw your jab. Impact the bag with all four knuckles.

RIGHT HAND:

- Facing the bag in your stance, twist right side of you body toward the bag throwing your right hand out
- Hit bag with all four knuckles by bending wrist (turning your hands over on the bag)



HOOK:

- Facing the bag in your stance, twist **slightly** to the left, then forcefully twist your body to the right, releasing your fist straight out and around to the **side** of the bag.
- Keep your elbow up and impact the bag with your palm facing you and wrist slightly bent.
- Be sure knuckles are vertical on impact.



- With the hook, keep your elbow up. On impact,
- your palm faces you, with knuckles vertical.

BODY PUNCHES:

- Facing the bag in your basic stance, then move into crouched position (wrestler stance).
- Throw your body shot out, scooping your arm in a forward and upward motion.
- Keep your wrists bent and strike the bag with all four knuckles.
- Palms of hands face up on impact.



- Keep your wrist slightly bent on
- body punches; palms land face-up.

UPPERCUTS:

- Similar to the body punches on bag.
- Unlike body punches, you will impact the front of the bag at chest level.
- Engage your body (core) when you throw your punches.



- Uppercuts call for a similar movement, but
- you impact the front of the bag at chest level.

SHAKE:

- When shaking on the heavy bag maintain your distance from bag (zone).
- After you shake, instead of walking a few steps forward, move to the right.
- Take a few steps around to the right of the bag.
- Then return to throwing punches and combinations.

FOCUS POINTS:

- Never allow your right heel to cross behind the left foot.
- Avoid pushing the bag with your punches. You're too if the bag swings with your punches.
- Bring your hands back up quickly—snap them back up like a rubber band.
- Keep your chin down and elbows in.
- Maintain a slight bend in the wrist and avoid hitting the bag with your fingers.
- Avoid hitting the bag too hard at first. You could injure your hand, arm, or shoulder.
- Breathe: exhale aloud (say: “Shhhh”) as you release your punches.

PUNCH-MITT BASICS

MECHANICS FOR TRAINERS

Punch-Mitt Physiology

We refer to the instructor as “the Conductor” to emphasize the idea of creating a rhythm between trainer and participants that flows like notes in a symphony. Think of your class as your orchestra—and the science of holding the Punch-Mitts (mitts) requires attention to both structure and form.

Working the mitts creates a mode of communication that encapsulates the meaning of boxing, itself, by incorporating movement, aggression, timing, rhythm, and punches, where understanding comes not through words, but through a loud “pop” that resonates with meaning.

Punch-Mitts play a crucial role in the ebb and flow of movement between you and your participants, enhancing the learning experience and teaching correct posture. Although the mechanics of holding the mitts may seem purely technical, expect this instruction to be as strenuous as if you actually delivered punches—as long as you hold the mitts correctly.

During mitt training, your participants consciously and subconsciously absorb every movement at once, as though a multitude of fundamentals were blended together to create a single fundamental. Depth perception, distance, and rhythm, as well as the offensive and defensive maneuvers that eventually lead up to offensive strikes, all come together in mitt training.

That’s why, unless you master boxing fundamentals first, you will find it impossible to hold the mitts properly. And the more boxing experience you gain, the more effective you will grow at training others using the mitts.

Level I Punch-Mitt Fundamentals

Consider these key elements when you strap on your mitts and prepare for practice:

- Zone/distance
- Boxer’s rhythm
- Pick
- Bob & weave
- Pivot & slip
- Jab
- Right hand
- One-two
- Hook
- Uppercuts (left & right)

- Body shots (left & right)

Preparation

Choose your mitts with care. Avoiding injury depends on proper fit and correct use.



Coach participants to impact right in the wrist and fits center of the mitt, where most mitts have a circle to emphasize the intended impact target.

CATCHING PUNCHES

Catching and deflecting punches with the mitts is tricky because your reactions can hinder or alter the flow of movement of participants' punches. Adjust the mitts according to the abilities of participants. Other factors also make a difference, for example, whether participants are throwing speed or power. Adjust the tension on the mitts to accommodate catching the punches.



- Create a bend in your mitts, as if to mitt on
- Catching punches,
- and cup the fist in your palm of your hand angled to meet the punch.

PROGRESSION:

Working with participants using the mitts.



- Mitt and glove positions as action begins.
- **Mitt and glove:** halfway to impact.
- **Mitt and glove impact.** Note rigid arm with mitt.

RULES FOR MITT TENSION

- While working with the mitts, always stay relaxed in your stance as you absorb punches on the mitts.
- Avoid attempting to absorb punches with your hands or arms alone. Always engage your shoulders and the trunk of your body to absorb mitt catches. Use your abdominals to stabilize both your boxing stance and your mitt position.

You will want to adjust your mitt tension to accommodate the difference in impact when participants hit with speed versus when they hit with power.

- **Mitt speed:** Use a quick tension with a slight push in catching.
- **Mitt power:** Use slow, sturdy pushes and absorb the impact in your shoulders and trunk.

Those are the basics, so let's move on to some secrets of mitt work used by top amateur and professional coaches and trainers to prepare their boxers for competition.

MITT STANCE

Begin in basic boxer's stance, as if you were the opponent. Your intention is to catch punches, rather than throw them. Your body mannerisms suggest a relaxed posture and, with every step you take, the dance goes on.



- Stay relaxed in basic boxer's stance.
- Hold the mitt target at the student's eyebrow level.

MITT HEIGHT

The height of the mitts is crucial for effective strikes. The position will vary according to the type of punches being thrown, for example, headshots versus body blows.

Tip:

To convey proper mechanics, always hold the target (the middle of the mitts) level with the participant's eyebrow.

Developing movement with mitts

Use work on the mitts to develop boxer's rhythm. Synchronize punches and defensive maneuvers, while maintaining the correct distance (zone). Create a circular movement by applying the step-drag, step-adjust before participants throw offensive punches. In essence, you operate as a heavy bag, so instruct your participants to move around you.

Once participants get comfortable with their stance, work in defensive maneuvers such as the slip, slip-slip, pick, and bob-weave. Every punch/catch requires that you either lean toward the punches or drop down into position to catch body punches.

THE LANGUAGE OF MITTS

Key factors in communicating with students during training with mitts:

- Your style of holding mitts changes depending on the combinations/punches thrown.
- This, in turn, allows you to take control of speed and power.
- Your voice adds another dimension to these elements.
- Participants are immersed in the action and motion.
- Teach all mitt fundamentals using your "orthodox" boxing stance.
- Stand in your position of power (boxing stance) with your right hand behind you.

- Educate participants to recognize your signals

Basic mitt catches and punches

Wearing the mitts, you become the participant's "opponent. Both of you will work on specific targets and movements. Keep in mind the following points in mind as you orchestrate individualized training, challenging students according to their ability.

Zone

- In boxer's stance, face off with each participant, while maintaining the right distance (*zone*) from them.
- The size of the zone will vary for each participant varies, depending on the length of their reach, so each one will step toward you differently.
- As you get comfortable with you mitt stance/movement—notice that the distance between the mitt and glove should always be roughly 6 inches.

Jab

- Start mitt work by having participants throw (practice) their jab. Encourage them to twist their core on each punch by holding up your left mitt as their target. At the same time, hold your right mitt to your chest to let them know that is not their target.
- Hold the left mitt up close to your face. Just as the participant is about to impact the mitt, roll to your left shoulder slightly forward and bring the mitt out to meet their punch.
- Avoid holding the mitt too far from participants, since they may hyperextend their elbow attempting to reach it. The more relaxed you remain, the better the punch will feel for both of you.

Tip:

Always make sure the participants turn their knuckles over and keep elbows in, chin down, and hands up, exhaling occurs as they throw out each punch, then returning the punching hand right back to their face.

RIGHT HAND

Next, have participants practice throwing their right hand punch. Again, you want them to twist their core, so use the right mitt to catch the punch, while keeping your left mitt to your chest and turned over (away from participant).

Rotate your right shoulder forward, bringing your mitt out enough to catch their punch. Most participants will have a more powerful right hand punch, so be sure to keep your elbow in and the mitt in front of your shoulder. Absorb the impact with your entire torso, not just your arm. Shoulder injuries can occur if this is not performed properly.



- Left mitt up with right mitt on chest or stomach signals the student to throw a jab.
- Right mitt up with left mitt on chest or stomach signals the student to throw a straight-right.

Tip:

*Always avoid angling your mitt to the left or right. Hitting mitts held at an angle can tweak (strain) a participant's wrist. Instead, because you will usually hold your mitts slightly higher than the participant's height, angle the mitts **slightly** downward when meeting punches.*

ONE-TWO

- Naturally, the one-two comes next. Hold both mitts up and facing the student to signify a left and right.
- Participants will hit your left mitt with their jab and your right mitt with their righthand punch.
- Both mitts held up at brow height, palms forward signals participants to throw a **one-two**:



As with the jab, be sure to use your shoulders and rotate forward and meet their punches with your mitts. This helps you avoid the injuries that can occur with hyper-extended elbows.

LEFT HOOK

Now for the tricky punch. The hook is not only a difficult punch to master, it is also more difficult to catch with the mitts. When you place your left arm out horizontally, as if reaching for your student's right ear, with the mitt horizontal, you signal your student to throw a left hook.



- Angle the pad of your left toward the student, so it's easier to impact correctly.
- Keep a slight bend in your left elbow minimize your risk of elbow and shoulder injuries.
- Use your left mitt, bringing it out (toward the student) as if you were about to throw a left hook.
- Instead of throwing the punch, hold the pad of the mitt facing toward the right, so the participant can impact it easily.

Tip:

Avoid angling the mitts sideways, or you risk injuring a participant's wrist.

As you do so, avoid straightening your arm completely. Engaging your body to absorb the impact reduces your risk of injuring your elbow and shoulder. Hold your mitt just far enough from your body so participants can impact it. Maintain a slight bend at the elbow and turn your torso into the punch. In other words, rotate your torso slightly, right along with your shoulder.

Tip:

Avoid angling the mitts sideways, or you risk injuring a participant's wrist.

UPPERCUTS

To catch uppercuts with the mitt, start by holding your mitts at *chest level*, right mitt down and horizontal and left mitt on top. This position signals an uppercut. It also creates greater stability, making it safer to catching these punches.

Note:

- *Keep your mitts horizontal when only 1-3 punches are involved.*
- *Hold mitts down and horizontal, left mitt on top, with the center (target) of the mitts facing the floor.*

ADJUSTMENTS IN MITT POSITIONS

As your experience grows and as participants get stronger and throw 4 or more punches and combinations, you'll learn to change the angle of your mitts. For example:

Right-uppercut with mitts:



Left uppercut with mitts:



- Angle the right mitt with your thumb upwards; keep the side of your right palm facing downward at a 45-degree angle.
- Angle your right mitt with your thumb pointing downward and palm upward, with your left mitt bracing on top. This position signals participants to throw a left uppercut.

BODY PUNCHES WITH MITTS

Begin with the idea your punches will impact the front sides of your opponent's body. Start at hip level, and follow instructions for uppercuts—**but**—hold your mitts lower, closer to your left hip and angled away from your body at 45 degrees.

Note:

- For body punches always hold your mitts at a 45-degree angle.
- Catching right-body punches

Start in boxer's stance, with left leg forward. Angle your right mitt in front of your left hip, with right thumb pointing upward and the right side of your palm facing the floor. Your left mitt crosses the top of your right mitt, with your left thumb pointed toward your body. The right palm pushes downward for greater stability.

CATCHING LEFT-BODY PUNCHES

Simply reverse the angle of your mitts by rotating each hand in the opposite direction. Your left palm pushes down onto your right thumb for stability.



Mitt angle for catching
right-body shots.



Mitt angle for catching left-body
punches—just reverse the position.

DEFENSIVE WORK WITH MITTS

Pick with mitt

Toss out your left mitt to simulate a jab. The point is to get your students to open their right glove and, with a slight push, stop the punch (mitt).

Note:

- Flick out the mitt.
- Bring your left hand from your waist up to the gloves in a flicking manner



Students pick your shot by opening their right glove and using a slight push to stop the mitt.

SLIP WITH MITT

Simulate a straight-right, as described above. The student slips left to avoid being hit by your mitt.



Student must keep their eyes on you and their hands up

Pivot with mitt

- Simulate a straight-right, with mitt placed horizontally and delicately tossed out allowing for the adjustment to occur. Time your pivot action to match the backward swoop of your student's back leg.
- Student must pivot off of the front ball of the foot, not the heel. This will keep from stressing the knee.

Bob & weave with mitts

- Begin by simulating a left hook, with your left mitt flat and horizontal, and your left arm lazily stretched.
- Next, make a wide, long circular motion, throwing out your right hook, and then returning to starting position.

BOB & WEAVE PROGRESSION:




During the entire sequence, keep your body relaxed, arms stretched out, and bend forward slightly as you deliver these offensive/defensive maneuver.

BOXING **AND** BARBELLS

WEIGHT TRAINING INSTRUCTION

All information contained in the weight training instructional guide can and will be changed. As a coach you will have access to current training methods and instructions.

EXERCISE NAME	WRITTEN INSTRUCTIONS
<p><u>GOBLET SQUAT</u></p>	<ul style="list-style-type: none"> • <i>Stand holding a dumbbell vertical, hold one end with both palms under.</i> • <i>Place your feet slightly wider than shoulder width. Squat down until your elbows are between the knees. Keep your chest up and weight in your heels</i> • <i>At the bottom position, pause for split second then drive of your heels to return to starting position.</i> 
<p><u>STANDING SHOULDER PRESS</u></p>	<ul style="list-style-type: none"> • <i>raise the dumbbells to shoulder height with your palms facing out</i> • <i>Keep your abs engaged and press the dumbbells until they come together above your head, after a</i>

split second pause slowly lower the weight to the same position

- *Elbows should be aligned with shoulders or slightly forward*



DUMBBELL FLOOR PRESS

- Lay on the floor holding dumbbells in your hands. Your knees can be bent. Begin with the weights fully extended above you.
- Lower the weights until your upper arm comes in contact with the floor. You can tuck your elbows to emphasize triceps size and strength, or to focus on your chest angle your arms to the side.
- Pause at the bottom, and then bring the weight together at the top by extending through the elbows.



TWO DUMBBELL ROW

- With a dumbbell in each hand (palms facing your torso), bend your knees slightly and bring your torso forward by bending at the waist; as you bend make sure to keep your back straight until it is almost parallel to the floor
- The weights should hang directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.
- While keeping the torso stationary, pull the dumbbells to your hip by pulling back

- *your elbows past your torso. Make sure to keep elbows close to torso. Extend arms out and repeat*
- *Keep core engaged during movement*



**DUMBBELL
ROMANIAN DEADLIFT**

- *Begin in a standing position with a dumbbell in each hand. Ensure that your back is straight and stays that way for the duration of the exercise. Allow your arms to hang perpendicular to the floor, with the wrists pronated and the elbows pointed to your sides. This will be your starting position. Initiate the movement by flexing your hips, slowly pushing your butt as far back as you can. This should entail a horizontal movement of the hips, rather than a downward movement. The knees should only partially bend, and your weight should remain on your heels.*
- *Drive your butt back as far as you can, which should generate tension in your hamstrings as*

your hands approach knee level. Maintain an arch in your back throughout the exercise.

- *When your hips cannot perform any further backward movement, pause, and then slowly return to the starting position by extending the hips.*



**ARNOLD DUMBBELL
PRESS**

- **PLACE TWO DUMBBELLS IN FRONT OF SLIGHTLY BELOW THE CHIN LEVEL WITH ELBOWS BENT AND PALMS FACING YOUR BODY**
- **ELBOWS SHOULD BE POSITIONED ON THE OUTSIDE OF THE TORSE**
- **SLOWLY ROTATE THE WRIST TO FACE OUT AS YOU PRESS THE DUMBBELLS ABOVE THE HEAD AS YOU MOVE THE ELBOWS AWAY FROM THE TORSO**
- **EVERYTHING SHOULD BE DONE EVENLY AND IN A CONTROLLED MANNER AS NOT TO ROTATE THE WRIST TOO FAST OR EXTEND THE ELBOWS OUT TOO FAST**
- **RETURN DUMBBELLS BACK INTO THE SAME POSITON**

CORE SHOULD BE KEPT ENGAGED THROUGHOUT



**SINGLE LEG
DEADLIFT**

- **HOLD TWO DUMBBELLS BY YOUR SIDE AND STAND WITH WEIGHT ON ONE LEG**
- **KEEPING KNEE SLIGHTLY BENT SLOWLY BRING YOUR HIPS BACK AND LOWER THE DUMBBELLS TO THE FLOOR UNTIL YOUR TOROS IS PARALLEL TO THE FLOOR**
- **FOCUS ON KEEP YOUR HIPS FACING THE FLOOR ON THE LEG THAT IS BEING RAISES**
- **ONCE YOU ARE PARALLEL TO THE FLOOR SLOWLY DRIVE YOUR HIPS FORWARD TO THE START POSITION UNTIL YOU ARE STANDING UPRIGHT AGAIN**

- **KEEP CORE ENGAGED**



DUMBBELL CURTSEY
LUNGE

- *Stand with your feet shoulder width apart, holding two dumbbells by your side. Keep your chest up and shoulders back. This will be your starting position.*
- *Start the movement by shifting your weight to your right foot, lifting your left from the ground. While keeping your torso facing forward, place your left leg behind your right, taking a wide, lateral step behind the front leg.*
- *Descend into a lunge by bending your knees, lowering your body straight down. Continue until your front knee is at approximately 90 degrees, and then drive through the heel and extend the knee and hip. You should not stuff your knee behind the other knee, the lunge should be long.*

- *As you come back up, return the back leg to the starting position. Alternate the movement.*



**LYING DUMBBELL
TRICEP EXTENSION**
(skull crushers)

- **LYING DOWN ON A FLOOR WITH DUMBBELLS IN HAND**
- **BRING YOUR ELBOWS SLIGHTLY ABOVE YOUR CHEST AND BENT SO THE DUMBBELLS ARE NEXT TO YOUR TEMPLES OR SLIGHTLY HIGHER**
- **EXTEND OUT THE DUMBBELLS UNTIL THE ARMS ARE FULLY EXTENDED AND SQUEEZE THE TRICEP AT THE TOP**

- **LOWER THE DUMBBELLS IN A CONTROLLED MANNER UNTIL THEY RETURN TO THE HEIGHT OF YOUR TEMPLES OR SLIGHTLY HIGHER**



DUMBBELL SQUAT
PRESS
(SQUAT THRUSTER)

- **Stand with your legs just slightly wider than hip distance apart, arms raised to shoulder height with elbows bent, holding weights by your ears and palms facing each other**
- **Bend your knees, squatting down low, as if you were sitting in a chair, keeping weight on your heels.**

- *Press the dumbbells overhead as you straighten your knees to stand*



BURPEE

- *Stand with your feet shoulder width apart, weight in your heels, and your arms at your sides. Lower your body into a squat.*
- *Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto them.*
- *Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Keep your abs and glutes engaged during this time.*
- *Jump your feet back so that they land just outside of your hands.*

- *Reach your arms over head and explosively jump up into the air. You can also modify and just stand up or doing a jumping jack*



MOUNTAIN CLIMBER

- Assume a pushup position with your arms straight and your body in a straight line from your head to your ankles. Without changing the posture of your lower back (it should be arched), raise your right knee toward your chest. Keep your glutes engaged and contract your abs as you raise the knee.

Pause, return to the starting position and repeat with your left leg. That's one rep. Alternate until time is up.

**PLANK JACK**

- Begin in pushup, with your shoulders over your wrists, your body in one straight line, and your feet together.
- Like the motion of a jumping jack, jump your legs wide and then back together. Avoid jumping too wide and keep your abs and glutes engaged during the movement. You can vary speed to, faster is harder.



**OUTSIDE MOUNTAIN
CLIMBER**

• Assume a pushup position with your arms straight and your body in a straight line from your head to your ankles. Without changing the posture of your lower back (it should be arched), raise your right knee toward the outside of the right elbow. Keep your glutes engaged and contract your abs as you raise the knee.


Pause, return to the starting position and repeat with your left leg. That's one rep. Alternate until time is up.



PUSH UP POSITION
DUMBBELL ROW

- *Start in a pushup position with hands on dumbbells. Keep your arms locked, abs and glutes engaged. Pull your elbows back until the dumbbell is near your torso slightly above your hips. Keeping the legs wider will help with balance but also make it easier on your core.*



	<ul style="list-style-type: none"> • <i>Set yourself in a pushup position with hands on dumbbells. Lower your body to the floor to complete 1 push up. Once back to the top pull your elbows back until the dumbbell is near your torso slightly above your hips.</i> • <i>Keeping the legs wider will help with balance but also make it easier on your core. Repeat push up and pull with the other hand</i> 
<p>SUMO GOBLET SQUAT</p>	<ul style="list-style-type: none"> • <i>Stand holding a dumbbell by one close to your chest. Palms should be under the thick part of the dumbbell This will be your starting position.</i> • <i>Position your legs in Sumo squat position. Feet should be about 6 inches wider than hip width on each side and feet pointed out in opposite directions. Place center your body weight over your heels and relax your foot</i> • <i>Squat down between your legs until your hamstrings are on your calves. Keep your chest and head up and your back straight.</i>



**LATERAL TO FRONT
DUMBBELL RAISE**

- **HOLDING TWO DUMBBELLS IN YOUR HANDS WITH PALMS FACING EACH OTHER. START THEM SLIGHTLY IN FORWARD OF YOUR HIPS AND RAISE YOUR ELBOWS UP TO SHOULDER HEIGHT. MAKE SURE TO KEEP YOUR ELBOWS ABOVE YOUR WRIST AND SHOULDERS RELAXED.**
- **RETURN THE DUMBBELLS BACK DOWN TO YOUR HIPS THEN ROTATE YOUR PALMS TO FACE YOUR HIPS. NOW RAISE THE DUMBBELL FORWARD TO SHOULDER HEIGHT. REPEAT**



SUMO SQUAT CURL

- **HOLD TWO DUMBBELLS IN YOUR HAND YOU CAN CURL. Position your legs in Sumo squat position. Feet should be about 6 inches wider than hip width on each side and feet pointed out in opposite directions. Place center your body weight over your heels and relax your foot. ALLOW YOUR ARMS TO HANG BETWEEN YOUR HIPS HOLDING THE DUMBBELLS.**

- **SQUAT DOWN AND KEEP YOUR ARMS RELAXED AS YOU SQUAT. AS YOU COME UP OUT OF THE SQUAT PERFORM A BICEP CURL WITH THE DUMBBELLS. REPEAT**



**SINGLE LEG
DEADLIFT TO LUNGE**

- **HOLD TWO DUMBBELLS BY YOUR SIDE AND STAND WITH WEIGHT ON ONE LEG**
- **KEEPING KNEE SLIGHTLY BENT SLOWLY BRING YOUR HIPS BACK AND LOWER THE DUMBBELLS TO THE FLOOR UNTIL YOUR THORAX IS PARALLEL TO THE FLOOR**
- **FOCUS ON KEEP YOUR HIPS FACING THE FLOOR ON THE LEG THAT IS BEING RAISED**
- **ONCE YOU ARE PARALLEL TO THE FLOOR SLOWLY DRIVE YOUR HIPS FORWARD TO THE START POSITION UNTIL YOU ARE STANDING UPRIGHT AGAIN. THE LEG THAT RAISES OFF THE FLOOR WILL STEP INTO A LUNGE POSITION. STEP BACK AND SWITCH LEGS**

- **KEEP CORE ENGAGED**



SKIP SQUATS

-
- **BEND DOWN INTO SQUAT POSITION. FROM THERE MAKE A SMALL JUMP FORWARD AND LAND SOFTLY IN SQUAT POSITION. FOCUS ON LANDING ON YOUR HEELS AND ROLLING YOUR FOOT FORWARD.**

- **THEN TAKE TWO SKIPS BY WHILE YOU MAINTAIN SQUAT POSITION. THE SKIPS SHOULD RETURN YOU TO YOUR START POSITION. STAND UP AND REPEAT**



BOXING BARBELLS

CREATING SYNERGY BETWEEN BOXING AND WEIGHT TRAINING

4 Workouts each 55 min

Boxing and Weightlifting -inspired cardio and strength workout program for building strength and stamina. Boxing is the king of interval training. This class combines boxing movements with strength training exercises.

[SAMPLE CLASS](#)

WORKOUT 1 STING LIKE A BEE

This class focuses on throwing straight shots on the bag and working on speed. The boxing combinations are progressive and cater to the beginner as well as the seasoned boxer. The weights are a bit lighter and focus more on isolation movements and using the intensity technique called a “BURN OUT. You will burn out your entire body in this STING LIKE A BEE class.

22 ROUNDS 2 MIN ROUNDS/30 SEC REST

- **4 ROUNDS FORM CLINIC**

Trainer will spend 4 rounds working with new or returning trainees on the proper form and footwork of the combination being used in class that day.

- **2 ROUNDS WARM UP/STRETCH CIRCUIT**

1 round to be used for warm-up which can be jump rope, jumping jacks, high knees, or butt-kicks. If not jump rope is use a combination of the 3 body weight exercises can be used by switching between them during the warm up round. 1 round as seen in the BNB stretch circuit video

- **7 ROUNDS Boxing- Focus on speed in combo and fast hands**

[COD1- one-two, left uppercut, right hand, step back right hand](#)

[COD2- double-jab, right hand, left hook, right uppercut, bob](#)

- **7 ROUNDS Weights – Focus on higher reps- speed reps on intensity technique**
- **2 ROUNDS AB WORK**

BURN OUT- Increase the tempo of your reps for X amount of time with good form. A controlled sprint!

SPEED DRILL- Throwing fast punches for a longer period than the rest time. For instance, throw punches fast for 15 seconds and rest for 5 seconds.

CLASS CONTENT

ROUND 1 BOXING

PUNCHES	TIME	NOTES
Start with jabs with a focus on speed (tight core and relaxed arms) then Get into the one-two with same focus	45 SECS	Tight core and keep arms relaxed.
Continue to work on the one two	30 secs	Stay away from the bag.
Add the left uppercut to the one-two	45 SECS	Palm faces ceiling on uppercut. Keep punch away from face.

ROUND 1 WEIGHTS

EXERCISE	TIME	NOTES
ROMANIAN DEAD LIFT	45 SECS	Watch for bad posture/ rounded backs. Make sure to remind clients to hip hinge/drive and not to squat.
BURPEES	30 SECS	A full burpee with jumping jack or jump at the top. Can be modified with no push up as an option or push-up for knee.
OVERHEAD SHOULDER PRESS	45 SECS	Watch for bad posture. Make sure clients are pressing directly over head.

ROUND 2

PUNCHES	TIME	NOTES
Add the right hand after the left uppercut. One-two, left uppercut, right hand	45 SEC	Keep core tight. Bring hands back to face each time after punches Thrown.
Continue with this combo	45 SEC	Focus on rotation of core when throwing.
Add in the step-back, right hand	30 SEC	Long extension of arms and relaxed shoulders.

**ROUND 2
ADD IN BURNOUTS FOR LAST 10 OR SO SECONDS OF WEIGHT EXERCISE!**

EXERCISE	TIME	NOTES
ROMANIAN DEAD LIFT	45 SECS	Watch for bad posture/ rounded backs. Make sure to remind clients to hip hinge/drive and not to squat.
BURPEES	30 SECS	A full burpee with jumping jack or jump at the top. Can be modified with no push up as an option or push-up for knee.
OVERHEAD SHOULDER PRESS	45 SECS	Watch for bad posture. Make sure clients are pressing directly over head.

ROUND 3 BOXING

PUNCHES	TIME	NOTES
Continue with one-two, left uppercut, right hand, step back, right hand	45 SEC	Watch for palm faces ceiling on uppercut.
Continue with combination	45 SEC	Bringing hands back to face after every punch.
Continue with combination	45 SEC	Make sure they do not lean back on the step back.

ROUND 3 WEIGHTS

ADD IN BURNOUTS FOR LAST 20 OR SO SECONDS OF WEIGHT EXERCISE!

EXERCISE	TIME	NOTES
ROMANIAN DEADLIFT	45 SECS	Watch for bad posture/ rounded backs. Make sure to remind clients to hip hinge/drive and not to squat.
BURPEES	30 SECS	A full burpee with jumping jack or jump at the top. Can be modified with no push up as an option or push-up for knee.
OVERHEAD SHOULDER PRESS	45 SECS	Watch for bad posture. Make sure clients are pressing directly over head.

ROUND 4 BOXING

PUNCHES	TIME	NOTES
Speed drill Throw the one-two for 15 seconds FAST and then slow for 5 seconds. Continuous punches	45 SECS	Repeat this about 3 times.
Continue with speed drill. Add the left uppercut, right hand	45 SECS	They will stay in one spot as they throw the punches.
Continue with speed drill.	30 SECS	Make sure they are extending arms out and are not too close to the bag.

ROUND 4 WEIGHTS

EXERCISE	TIME	NOTES
GOBLET SQUAT	45 SECS	Focus on tall posture. Holding dumbbell correct. How to breathe.
MOUNTAIN CLIMBER	30 SECS	Keep butt down. Core engaged. Keep glutes engaged. Big knees pass belly button.
DOUBLE DUMBBELL (BARBELL) ROW	45 SECS	Make sure chest is forward and shoulders back. Row dumbbells to the hips. Chin down and breathe

ROUND 5 BOXING

PUNCHES	TIME	NOTES
Speed game Start with the one-two and anyone who does not finish it when you are done calling it does 5 burpees at end of class	45 SEC	Keep it simple at first.
Add the left uppercut, right hand	45 SEC	Keep eye on form
Add in the step back and right hand	30 SEC	Keep track of burpee for end of class.

ROUND 5 WEIGHTS
ADD IN BURNOUTS FOR LAST 10 OR SO SECONDS OF WEIGHT EXERCISE!

EXERCISE	TIME	NOTES
GOBLET SQUAT	45 SECS	Focus on tall posture. Holding dumbbell correct. How to breathe.
MOUNTAIN CLIMBER	30 SECS	Keep butt down. Core engaged. Keep glutes engaged. Big knees pass belly button.
DOUBLE DUMBBELL (BARBELL) ROW	45 SECS	Make sure chest is forward and shoulders back. Row dumbbells to the hips. Chin down and breathe

ROUND 6 BOXING

PUNCHES	TIME	NOTES
Speed drill Throw straight one-twos as fast as they can for 15 seconds and then slow for 5 seconds	45 SEC	Repeat this about 3 times
Add in left uppercut, right hand	30 SEC	They will stay in one spot as they throw the punches.
Continue with combo	45 SEC	Remind them to keep core tight and extend arms.

ROUND 6 WEIGHTS

ADD IN BURNOUTS FOR LAST 20 OR SO SECONDS OF WEIGHT EXERCISE!

EXERCISE	TIME	NOTES
GOBLET SQUAT	45 SECS	Focus on tall posture. Holding dumbbell correct. How to breathe.
MOUNTAIN CLIMBER	30 SECS	Keep butt down. Core engaged. Keep glutes engaged. Big knees pass belly button.
DOUBLE DUMBBELL (BARBELL) ROW	45 SECS	Make sure chest is forward and shoulders back. Row dumbbells to the hips. Chin down and breathe

ROUND 7 BOXING

PUNCH	TIME	NOTES
Open round of them throwing one-two, left uppercut, right hand, step back, right hand	45 SECS	Focus on relaxation to throw out punches quickly.
Continue with combo	30 SECS	Remind them to keep core tight and relax upper body.
Speed it up	45 SECS	Challenge them to throw speed with this combo without the speed drill.

ROUND 7 WEIGHTS- FREESTYLE ROUND- PARTICIPANTS SELECT 2 WEIGHT EXERCISES COVERED IN PREVIOUS ROUND AND 1 CONDITIONING EXERCISE. ADD IN BURNOUTS FOR LAST 20 OR SO SECONDS OF WEIGHT EXERCISE!

EXERCISE	TIME	NOTES
PARTICIPANTS PICKS WEIGHT EXERCISE	45 SECS	
PARTICIPANTS PICK CONDITIONING EXERCISE	30 SECS	
PARTICIPANTS PICK WEIGHT EXERCISE	45 SECS	

**2 ROUNDS AB WORK
OPTIONAL STRETCHING**

CORE WORK

EXERCISE	TIME	NOTES
CENTER PLANK	30 SECS	Remind them to keep hips up. Glutes tight and abs engaged.
BOXER SIT UPS	60 SECS	Keep chin up and chest open. Pull belly button down into the floor as you exhale.
LEFT PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up.
BUTTERFLY CRUNCH	30 SECS	Feet together, hips open. Butterfly stretch position. Keep chest open and chin up.
COBRA STRETCH	30 SECS	Chin down. Keep hips down on floor. Keep in-step down.
RIGHT PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up.
ALTERNATING KNEE CRUNCH	60 SECS	Keep chest open and chin up. Don't pull on back of head. Rotate shoulders
BOAT HOLD	30 SECS	Arms outside of legs. Chest open and shoulders back. Longer legs are harder

WORKOUT 2 POWER HOUSE

This class focuses on throwing hard punches and putting your whole body into them. You will slow down the punches to work on power. The boxing punches and combos cater to the beginner as well as the seasoned boxer. The weights are heavier with fewer reps making it simple for all to follow we use the intensity technique “DOUBLE TIME”. Your body will feel charged and powerful when you are done with this POWER HOUSE class.

-
- **22 ROUNDS 2 MIN ROUNDS/30 SEC REST**
 - **4 ROUNDS FORM CLINIC**

Trainer will spend 4 rounds working with new or returning trainees on the proper form and footwork of the combination being used in class that day.

- **2 ROUNDS WARM UP/STRETCH CIRCUIT**

1 round to be used for warm-up which can be jump rope, jumping jacks, high knees, or butt-kicks. If not jump rope is used a combination of the 3 body weight exercises can be used by switching between them during the warm up round. 1 round as seen in the BNB stretch circuit video

- 7 ROUNDS **BOXING** - Power, big punches
- [COD1- One-two, bob, right hand, left hook, right hand](#)
- [COD2- Right hand, one-two, left uppercut, right upper cut, bob, right hand](#)
- 7 ROUNDS **WEIGHTS** – Bigger movements, slow reps intensity technique
- 2 ROUND AB WORK

DOUBLE TIME- Perform two reps back to back of that exercise. First rep is full rep and second rep is a partial rep. For example... BIG SQUAT THEN LITTLE SQUAT

POWER DRILL- This is a little less structured. Throwing looping hooks to the top and bottom of the bag so that there is a lot of rotation in core. Arms stay relaxed and core tight.

CLASS CONTENT

ROUND 1 WEIGHTS

EXERCISE	TIME	NOTES
SQUAT PRESS (squat thruster)	45 SECS	Focus on proper squat form. Tall posture, chest forward and shoulders back. Press directly above head
SKIP SQUAT	30 SECS	Land softly on heels in squat position. Modify if need be.
PUSH UP-DUMBBELL ROW	45 SECS	Keep core tight during movement. Wider the legs harder. Can be done from knees to modify. Row to hips

ROUND 1 BOXING

COMBO	TIME	NOTES
Start with the jab relaxation and long arms but with heavy rotation	45 SECS	Throw shoulders into it.
Add the right hand to create the one-two	30 SECS	Focus on rotating the body. Plant the feet heavy.
Continue with the one-two focusing on hard punches	45 SECS	Slow it down to focus on rotation and arm extension

ROUND 2 WEIGHTS

ADD IN DOUBLE TIME FOR 20 SECONDS

EXERCISE	TIME	NOTES
SQUAT PRESS (squat thruster)	45 SECS	Focus on proper squat form. Tall posture, chest forward and shoulders back. Press directly above head
SKIP SQUAT	30 SECS	Land softly on heels in squat position. Modify if need be.
PUSH UP-DUMBBELL ROW	45 SECS	Keep core tight during movement. Wider the legs harder. Can be done from knees to modify. Row to hips

ROUND 2 BOXING

COMBO	TIME	NOTES
Add defense into the combinations One-two and add the bob to the right (core tight & arms relaxed)	45 SECS	Keeping core extra tight to do a fast bob.
Add in the right hand after the bob	45 SECS	Focus on using right obliques to throw the right.
Continue with one-two, bob, right hand working on slower hard punches	30 SECS	Make sure everyone turns their punches over so the wrist does not get injured.

**ROUND 3 WEIGHTS
ADD IN DOUBLE TIME FOR ENTIRE SET**

EXERCISE	TIME	NOTES
SQUAT PRESS (squat thruster)	45 SECS	Focus on proper squat form. Tall posture, chest forward and shoulders back. Press directly above head
SKIP SQUAT	30 SECS	Land softly on heels in squat position. Modify if need be.
PUSH UP-DUMBBELL ROW	45 SECS	Keep core tight during movement. Wider the legs harder. Can be done from knees to modify. Row to hips

ROUND 3 BOXING

COMBO	TIME	NOTES
Add the left hook, right hand to combo	30 SEC	Make sure hook is thrown with palm facing them.
Continue with one-two, bob, right hand, left hook, right hand	30 SECS	Make sure they have their range on bag.
Continue with combo and a lot of rotation for power	45 SECS	Remind them to keep pressure on back foot.

ROUND 4 WEIGHTS

EXERCISE	TIME	NOTES
DUMBBELL LUNGE CURL	45 SECS	Make sure they strike the floor with heel on lunge and push off heel. Keep posture tall and elbows close to torso.
OUTSIDE MOUNTAIN CLIMBERS	30 SECS	Remind to keep hips down and abs engaged.
DUMBBELL FLOOR PRESS (chest press)	45 SECS	Chest forward and shoulders back. Keep core tight. Make sure elbows are lower than shoulder height.

ROUND 4 BOXING

EXERCISE	TIME	NOTES
Power drill Throw looping hooks to the head and body shots for 10 seconds and then rest for 5 seconds	45 SECS	Focus on reaching around the bag.
Repeat this about 3 times They will stay in one spot as they throw the punches	45 SECS	Keep pressure on back foot.
Add in the bob (roll) within the shots	30 SECS	Encourage a lot of rotation with core and shoulders when bobbing.

ROUND 5 WEIGHTS

ADD IN DOUBLE REPS FOR 20 SECONDS

EXERCISE	TIME	NOTES
DUMBBELL LUNGE CURL	45 SECS	Make sure they strike the floor with heel on lunge and push off heel. Keep posture tall and elbows close to torso.
OUTSIDE MOUNTAIN CLIMBERS	30 SECS	Remind to keep hips down and abs engaged.
DUMBBELL FLOOR PRESS (chest press)	45 SECS	Chest forward and shoulders back. Keep core tight. Make sure elbows are lower than shoulder height.

ROUND 5 BOXING

COMBO	TIME	NOTES
Work on the one-two, bob, right hand, left hook right hand with as much power as possible	30 SEC	Keep upper body relaxed.
Throw COD with power for 10 seconds and then rest for 5 seconds	30 SECS	Remind them to bring hand back to face between punches.
Repeat this about 3 times	45 SECS	Core tight and keep stomach in.

**ROUND 6 WEIGHTS
ADD IN DOUBLE TIME FOR ENTIRE SET**

EXERCISE	TIME	NOTES
DUMBBELL LUNGE CURL	45 SECS	Make sure they strike the floor with heel on lunge and push off heel. Keep posture tall and elbows close to torso.
OUTSIDE MOUNTAIN CLIMBERS	30 SECS	Remind to keep hips down and abs engaged.
DUMBBELL FLOOR PRESS (chest press)	45 SECS	Chest forward and shoulders back. Keep core tight. Make sure elbows are lower than shoulder height.

ROUND 6 BOXING

COMBO	TIME	NOTES
Stick with combo but slow down the punches	45 SECS	Focus on staying relaxed and slow punches.
Open round so they can throw at their own pace	30 SECS	Don't tense up.
Finish the round out with combination	45 SECS	Depending on fitness level they can keep it light or power through it.

ROUND 7 WEIGHTS- FREESTYLE ROUND- PARTICIPANTS SELECT 2 WEIGHT EXERCISES COVERED IN PREVIOUS ROUND AND 1 CONDITIONING EXERCISE. ADD IN DOUBLE TIME FOR ENTIRE SET

EXERCISE	TIME	NOTES
PARTICIPANTS PICKS WEIGHT EXERCISE	45 SECS	
PARTICIPANTS PICK CONDITIONING EXERCISE	30 SECS	
PARTICIPANTS PICK WEIGHT EXERCISE	45 SECS	

ROUND 7 BOXING

COMBO	TIME	NOTES
Stick with combo but slow down the punches	45 SECS	Focus on staying relaxed and slow punches.
Open round so they can throw at their own pace	30 SECS	Don't tense up.
Finish the round out with combination	45 SECS	Depending on fitness level they can keep it light or power through it.

3 ROUNDS COOL DOWN: 2 ROUNDS CORE AND 1 ROUND STRETCHING
CORE WORK

EXERCISES	TIME	NOTES
ACROSS BODY TOE TOUCH CRUNCHES	60 SECS	Keep arms long and legs long. Focus on raising one shoulder blade off the floor at a time
LEFT PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up.
ALTERNATING ELBOW TO KNEE CRUNCH	30 SECS	Keep chin up and focus on rolling one shoulder blade off floor at a time. Right elbow left knee and left to right. Keep chest open.
COBRA STRETCH	30 SECS	Chin down. Keep hips down on floor. Keep in-step down.
CENTER PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up. Abs tight, glutes tight.
TOE TOUCH CRUNCHES	60 SECS	Feet up in the air. Chin up and chest open. Roll up to shoulder blades only.
RIGHT PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up.

WORKOUT 3 BANG IT OUT

This class focuses on throwing looping punches rather than straight ones. The boxing punches cater to the beginner as well as the seasoned boxer. The weights are a bit lighter with added intensity technique of PULSE REPS. You will burn out your arms, your legs and your core in this BANG IT OUT class.

-
- **22 ROUNDS 2 MIN ROUNDS/30 SEC REST**
 - **4 ROUNDS FORM CLINIC**

Trainer will spend 4 rounds working with new or returning trainees on the proper form and footwork of the combination being used in class that day.

- **2 ROUNDS WARM UP/STRETCH CIRCUIT**

1 round to be used for warm-up which can be jump rope, jumping jacks, high knees, or butt-kicks. If not jump rope is use a combination of the 3 body weight exercises can be used by switching between them during the warm up round. 1 round as seen in the BNB stretch circuit video

- 7 ROUNDS **BOXING** Inside- Roundhouse
 - [COD1- One-two, bob-weave, left hook, right hand](#)
 - [COD2- Jab, right body, left hook, right hand, slip, right hand](#)
 - 7 ROUNDS **WEIGHTS** Light- More reps, fast, pulse reps
 - 2 ROUNDS ABS
-

PULSE REPS- Perform partial reps for X amount of time required. Keep constant tension on the muscle during the pulse rep to build up a burn!

POWER DRILL- This is a little less structured. Throwing looping hooks to the top and bottom of the bag so that there is a lot of rotation in core. Arms stay relaxed and core tight.

[CLASS CONTENT](#)

ROUND 1 WEIGHTS

EXERCISE	TIME	NOTES
SUMO SQUAT CURL	45 SECS	Tall posture, chest forward and shoulders back. Curl on the way up from sumo squat
MOUNTAIN CLIMBER	30 SECS	Keep hips down, abs and glutes engaged. Knees pass belly button.
DUMBBELL REAR LATERALS	45 SECS	Remember to breathe during movement. Focus energy between shoulder blades.

ROUND 1 BOXING

COMBOS	TIME	NOTES
Start with the one-two	45 SECS	Rotate body heavily
Continue with this	30 SECS	Engage hips on punches
Add in the bob-weave	45 SECS	Rotate shoulders excessively

ROUND 2 WEIGHTS

ADD IN PULSE REPS- PULSE FOR LAST 10 SECONDS

EXERCISE	TIME	NOTES
SQUAT CURL	45 SECS	Tall posture, chest forward and shoulders back. Curl on the way up from squat
MOUNTAIN CLIMBER	30 SECS	Keep hips down, abs and glutes engaged. Knees pass belly button.
DUMBBELL REAR LATERALS	45 SECS	Remember to breathe during movement. Focus energy between shoulder blades.

ROUND 2 BOXING

COMBOS	TIME	NOTES
Continue with the one-two, bob-weave	45 SECS	Keep core tight and arms relaxed
Add in a left hook	45 SECS	Keep bob and weave short with core tight to wind up for hook.
Continue with that combo	30 SECS	Work closer to the bag. Keep focusing on tight core.

ROUND 3 WEIGHTS

ADD IN PULSE REPS- PULSE FOR LAST 20 SECONDS

EXERCISE	TIME	NOTES
SQUAT CURL	45 SECS	Tall posture, chest forward and shoulders back. Curl on the way up from squat
MOUNTAIN CLIMBER	30 SECS	Keep hips down, abs and glutes engaged. Knees pass belly button.
DUMBBELL REAR LATERALS	45 SECS	Remember to breathe during movement. Focus energy between shoulder blades.

ROUND 3 BOXING

COMBOS	TIME	NOTES
Continue with bob weave, left hook, add right hand	30 SECS	Let them get the combo down
Continue with COD	45 SECS	Palm faces participant on hook
Continue with COD	45 SECS	Remind them to stay relaxed and rotate

ROUND 4 WEIGHTS

EXERCISE	TIME	NOTES
DUMBBELL SINGLE LEG DEADLIFT	45 SECS	Keep posture tall, with chest forward and shoulders back. Keep even from head to feet. Keep both hips facing floor.
PLANK JACKS	30 SECS	Plank position. Bring feet out and back in. Keep core strong and do not let hips go too low
DUMBBELL FLY	45 SECS	Core tight. Slight bend in elbows and keep elbows lower than shoulder height. Control movement

ROUND 4 BOXING

COMBOS	TIME	NOTES
Continue with COD with corrections	45 SECS	Remind them to use obliques and keep back foot heavy.
Break it back down if needed	30 SECS	Rotate body and hips.
Continue with COD	45 SECS	Arms are relaxed

ROUND 5 WEIGHTS
ADD IN PULSE REPS- PULSE FOR LAST 20 SECONDS

EXERCISE	TIME	NOTES
DUMBBELL SINGLE LEG DEADLIFT	45 SECS	Keep posture tall, with chest forward and shoulders back. Keep even from head to feet. Keep both hips facing floor.
PLANK JACK	30 SECS	Plank position. Bring feet out and back in. Keep core strong and do not let hips go too low
DUMBBELL FLY	45 SECS	Core right. Slight end in elbows and keep elbows lower than shoulder height. Control movement.

ROUND 5 BOXING

COMBOS	TIME	NOTES
Power drill Throw looping hooks to the head and body shots for 10 seconds and then rest for 10 seconds	45 SECS	Repeat this 3 times.
Continue with drill but change work time to 10 sec and rest to 5 seconds.	30 SEC	They will stay on one spot.
Add in the bob (roll) within the shots	45 SECS	Encourage rotation with core and shoulder b

ROUND 6 WEIGHTS
ADD IN PULSE REPS- PULSE FOR LAST 20 SECONDS

EXERCISE	TIME	NOTES
DUMBBELL SINGLE LEG DEADLIFT	45 SECS	Keep posture tall, with chest forward and shoulders back. Keep even from head to feet. Keep both hips facing floor.
PLANK JACKS	30 SECS	Plank position. Bring feet out and back in. Keep core strong and do not let hips go too low
DUMBBELL FLY	45 SECS	Core right. Slight end in elbows and keep elbows lower than shoulder height. Control movement

ROUND 6 BOXING

COMBOS	TIME	NOTES
Repeat Power drill with COD	30 SECS	5 seconds work and 10 seconds rest. Repeat this 3 times
Throw COD slow and relaxed	30 SECS	Encourage slow breathing.
Continue COD with power	60 SECS	Rotation at core. Keep stomach in.

**ROUND 7 WEIGHTS- FREESTYLE ROUND- PARTICIPANTS SELECT 2 WEIGHT EXERCISES COVERED IN PREVIOUS ROUND AND 1 CONDITIONING EXERCISE.
ADD IN PULSE REPS FOR ENTIRE SET**

EXERCISE	TIME	NOTES
PARTICIPANTS PICKS WEIGHT EXERCISE	45 SECS	
PARTICIPANTS PICK CONDITIONING EXERCISE	30 SECS	
PARTICIPANTS PICK WEIGHT EXERCISE	45 SECS	

ROUND 7 BOXING

COMBO	TIME	NOTES
Stick with combo but slow down the punches	45 SECS	Focus on staying relaxed and slow punches.
Open round so they can throw at their own pace	30 SECS	Don't tense up.
Finish the round out with combination	45 SECS	Depending on fitness level they can keep it light or power through it.

**3 ROUNDS COOL DOWN
2 rounds ab work**

CORE WORK

PUNCH	TIME	NOTES
RUSSIAN TWIST WITH OR WITHOUT DUMBBELL	30 SECS	Keep dumbbell in center of torso. Rotate shoulders and let weight follow.
V CRUNCH	60 SECS	Feet can start on the floor or up. Keep chest open and chin up. Roll only shoulder blades off floor.
CENTER PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up. Abs tight, glutes tight.
RIGHT ELBOW TO LEFT KNEE CRUNCH	30 SECS	Cross leg over opposite leg. Keep chest open and chin up.
LEFT PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up
LEFT ELBOW TO RIGHT KNEE CRUNCH	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up
ACROSS BODY TOE TOUCH CRUNCH	30 SECS	Feet up in the air but can keep knees bent. Roll one shoulder at a time as you come across.
RIGHT PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up

WORKOUT 4 FLOAT LIKE A BUTTERFLY

This class focuses on boxing footwork and keeps you moving. The boxing punches are thrown off of movement and will help you with coordination. The combinations are simple and cater to the beginner as well as the seasoned boxer. The weights are a bit heavier with fewer reps and we use "SLOW REPS" to increase intensity. You will feel the burn throughout your body in this FLOAT LIKE A BUTTERFLY class.

- **22 ROUNDS 2 MIN ROUNDS/30 SEC REST**
- **4 ROUNDS FORM CLINIC**

Trainer will spend 4 rounds working with new or returning trainees on the proper form and footwork of the combination being used in class that day.

- **2 ROUNDS WARM UP/STRETCH CIRCUIT**

1 round to be used for warm-up which can be jump rope, jumping jacks, high knees, or butt-kicks. If not jump rope is use a combination of the 3 body weight exercises can be used by switching between them during the warm up round. 1 round as seen in the BNB stretch circuit video

- 7 ROUNDS **BOXING** Outside- Footwork is the focus
[COD1- Bouncing/right hand, left hook, right hand, one-two, bob](#)
[COD2-Bouncing/one-two, step back, right hand, left hook](#)
 - 7 ROUNDS **WEIGHTS** Heavy- Less reps, slower, core
 - 2 ROUNDS AB WORK
-

SLOW REPS- Slow down the negative of the movement to build up time under tensions. This makes the movement harder to perform and makes the client focus more on form. For example, on a squat you have them count down for 4 seconds as they squat and come up at normal speed. This can also be done for the negative and positive of the movement, making it even harder.

BOUNCING- Staying in stance bounce on the feet by moving slightly forward and back. This bounce is a back and forth bounce, not an up and down bounce.

[CLASS CONTENT](#)

ROUND 1 BOXING

COMBOS	TIME	NOTES
Start with a bounce forward and back in boxing stance	30 SECS	Forward and back, not up and down.
Continue with the bounce	45 SECS	Keep feet close to the ground.
Introduce the right hand off of the bounce	45 SECS	Right hand is thrown immediately after the back foot bounces off the floor.

ROUND 1 WEIGHTS

EXERCISE	TIME	NOTES
LATERAL TO FRONT RAISE-DUMBBELLS	45 SECS	Tall posture. Keep elbows loose and bent not locked. Shoulder height raises or little lower.
WIDE-MEDIUM-NARROW SQUATS	30 SECS	Sumo to regular to narrow squat and then repeat.
ARNOLD DUMBBELL PRESS	45 SECS	Tall posture. Keep shoulders back and down and chest forward. Palms start facing face, rotate wrist as you bring elbows out and press.

ROUND 2 BOXING

COMBOS	TIME	NOTES
Continue with the bounce and right hand	30 SECS	Remind them of range on the bag.
Go back to just the bounce and introduce the left hook	30 SECS	Hook is thrown after the front foot bounces off ground.
Continue with the bouncing and left hook	60 SECS	Remind them to pull their body back and open arm up to hit the bag on the left side

ROUND 2 WEIGHTS

ADD IN SLOW REPS FOR LAST 20 SECONDS

EXERCISE	TIME	NOTES
LATERAL TO FRONT RAISE-DUMBBELLS	45 SECS	Tall posture. Keep elbows loose and bent not locked. Shoulder height raises or little lower.
WIDE-MEDIUM-NARROW SQUATS	30 SECS	Sumo to regular to narrow squat and then repeat.
ARNOLD DUMBBELL PRESS	45 SECS	Tall posture. Keep shoulders back and down and chest forward. Palms start facing face, rotate wrist as you bring elbows out and press.

ROUND 3 BOXING

COMBOS	TIME	NOTES
Go back to the right hand off of the bounce and now add the left hook immediately after	30 SECS	This is now a right hand, left hook.
Continue with the right hand, left hook off the bounce	30 SECS	Keep them in motion.
Continue with this combo	60 SECS	Make sure their punches are matching their footwork.

ROUND 3 WEIGHTS

ADD IN SLOW REPS FOR ENTIRE SET

EXERCISE	TIME	NOTES
LATERAL TO FRONT RAISE-DUMBBELLS	45 SECS	Tall posture. Keep elbows loose and bent not locked. Shoulder height raises or little lower.
WIDE-MEDIUM-NARROW SQUATS	30 SECS	Sumo to regular to narrow squat and then repeat.
ARNOLD DUMBBELL PRESS	45 SECS	Tall posture. Keep shoulders back and down and chest forward. Palms start facing face, rotate wrist as you bring elbows out and press.

ROUND 4 BOXING

COMBOS	TIME	NOTES
Add the right hand after the left hook	45 SECS	
Bounce, right hand, left hook, right hand	30 SECS	Remind them to pull slightly back when throwing the left hook.
Continue with this combo	45 SECS	They will all be at their own pace and rhythm.

ROUND 4 WEIGHTS

EXERCISE	TIME	NOTES
PUSH UP POSITION DUMBBELL ROWS	45 SECS	Keep core tight. Row dumbbell to hips. Can be done from knees.
JUMP SQUATS	30 SECS	Land softly on heels. Modify if needed with no jump squat.
SINGLE DEADLIFT TO LUNGE- ALTERNATING	45 SECS	Lead with the hips. Keep even from head to foot. Same leg that raises goes into lunge.

ROUND 5 BOXING

COMBOS	TIME	NOTES
Continue with the combo	45 SECS	Throw after right foot bounces.
Add a jab at the end (jab out)	45 SECS	Pull back after front foot hits the ground.
Continue with combo	30 SECS	Make sure they step on the jab.

ROUND 5 WEIGHTS
ADD IN SLOW REPS FOR LAST 20 SECONDS

EXERCISE	TIME	NOTES
PUSH UP POSITION DUMBBELL ROWS	45 SECS	Keep core tight. Row dumbbell to hips. Can be done from knees.
JUMP SQUATS	30 SECS	Land softly on heels. Modify if needed with no jump squat.
SINGLE DEADLIFT TO LUNGE- ALTERNATING	45 SECS	Lead with the hips. Keep even from head to foot. Same leg that raises goes into lunge.

ROUND 6 BOXING

COMBOS	TIME	NOTES
Keep the bounce going and add a right hand	30 SECS	Rotate the body on everything.
Bouncing, right hand, left hook, right hand, one-two	30 SECS	Make sure they step drag on the one-two at end.
Repeat this till end of round	60 SECS	Remind them to keep core tight and arms relaxed.

**ROUND 6 WEIGHTS
ADD IN SLOW REPS FOR ENTIRE SET**

EXERCISE	TIME	NOTES
PUSH UP POSITION DUMBBELL ROWS	45 SECS	Keep core tight. Row dumbbell to hips. Can be done from knees.
JUMP SQUATS	30 SECS	Land softly on heels. Modify if needed with no jump squat.
SINGLE DEADLIFT TO LUNGE- ALTERNATING	45 SECS	Lead with the hips. Keep even from head to foot. Same leg that raises goes into lunge.

ROUND 7 BOXING

COMBOS	TIME	NOTES
Add the bob at the end	30 SECS	Focus on proper distance from the bag and relaxed arms.
Continue throwing the combo off of the bounce	30 SECS	Remind them to keep core tight
Add the right hand at the end. Right hand, left hook, right hand, one -two, bob	60 SECS	

ROUND 7 WEIGHTS- FREESTYLE ROUND- PARTICIPANTS SELECT 2 WEIGHT EXERCISES COVERED IN PREVIOUS ROUND AND 1 CONDITIONING EXERCISE. ADD IN SLOW REPS FOR ENTIRE SET

EXERCISE	TIME	NOTES
PARTICIPANTS PICKS WEIGHT EXERCISE	45 SECS	
PARTICIPANTS PICK CONDITIONING EXERCISE	30 SECS	
PARTICIPANTS PICK WEIGHT EXERCISE	45 SECS	

**3 ROUNDS COOL DOWN 2 ROUNDS ABS WORK
1 ROUND OPTIONAL STRETCH**

CORE

EXERCISE	TIME	NOTES
BICYCLE CRUNCHES	60 SECS	Keep chin up and chest open. Roll one shoulder blade off floor at a time.
CENTER PLANK	30 secs	Remind them to keep hips up. Glutes tight and abs engaged.
FLUTTER KICKS	30 SECS	Hands under glutes. Keep core tight
LEFT SIDE PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up
COBRA STRETCH	30 SECS	Chin down. Keep hips down on floor. Keep in-step down.
LEG RAISES	60 secs	Hands under glutes. Keep core tight. Slowly control the legs down.
RIGHT SIDE PLANK	30 SECS	Keep elbows and shoulders in a straight line. Keep hips up