

WARMING-UP

Boksloop 45 sec
Plank 45 sec
2x herhalen

Jumping jacks 45 sec
Squat hold 45 sec
2x herhalen

Sideplank linkerant 30 sec
Shadow boxing single punches 1 minuut
Sideplank rechterkant 30 sec
Shadow boxing long combinations 1 minuut

COMBINATIONS 1,5 MIN WORK READ THE NEXT COMBINATION IN THE 30 SECOND BREAK

jab cross double liverpunch 1,5 min
30 sec break
Jab R body cross L hook R hook L hook 1,5 min
30 sec break
L hook R cross step out double L jab cross 1,5 min
30 sec break
L body jab L jab R cross liver shot R body shot L hook 1,5 min
30 sec break

4 rounds of 20 seconds throw as many jabs as possible. Count them for yourself and try to beat your own record. Break from 10 seconds in between rounds

4 rounds of 20 seconds throw as many straight right punches as possible. Count them for yourself and try to have more every round. Break from 10 seconds in between rounds

4 rounds of 20 seconds throw as many L body shots as possible. Count them for yourself and try to beat your own record. Break from 10 seconds in between rounds

4 rounds of 20 seconds throw as many R body shots as possible. Count them for yourself and try to have more every round. Break from 10 seconds in between rounds

COMBINATIONS 1,5 MIN WORK READ THE NEXT COMBINATION IN THE 30 SECOND BREAK

LRL hook step out jab cross 1,5 min
30 sec break
Jab R body shot fake left uppercut cross 1,5 min
30 sec break
jab cross jab L hook cross 1,5 m
30 sec break
L jab L hook R body cross 1,5 min
30 sec break

Constantly: 5 LRLRL straight punches on speed - step in - LRL power hooks 1,5 min
break 30 sec

Constantly: 5 LRLRL Hooks on speed - step out - LRL straight power punches 1,5 min

Freestyle boxing 1,5 min
break 30 sec
Freestyle kickbokxing 1,5 min

Sit ups 30x
Sit ups elbows to your knees LR 30x
Leg raises 30x

Stretching