

Warming up - 5 min Shadowboxing

2 min only using jabs with head movement

2 min Southpaw stance freestyle

1 min Orthodox freestyle

Drills 40 min

1. The Head body Head drill 3 x 2 min - 1 min rest

start with a punch at head level then drop to a body level shot and finish with one or two shots back up at head height.

Focus on smooth, fast flow amongst shots. You can mix up straight shots and hooks, for example:

Left jab, left body hook and right hook.
Left jab, right uppercut to the body, left hook
Double jab, cross to the body, left hook

2. Burpees 1 min

3. In and out drill 3 x 2 min 1 min rest

Start just out of range, then pop into range deliver a fast short combo and pop back out of range. Then move around, reset and go again with a different combo, pop in attack, pop out.

4. Squat with hip twist 1 min

5. Working on the inside 3 x 2 min - 1 min rest

Get in tight on the heavy bag, just like being up close with your opponent, get your head and shoulders uncomfortably close to the bag.

Stay tight and deliver short sharp punches. It'll give you a feel for inside sparring.

Example:

Left upper cut, right upper cut, left hook.

6. Mountain climbers 1 min

7. Pick your fighter combo 3 x 2 min - 1 min rest

I listed a few combos from one the greatest
pick your combo and earn it!

-The Iron Mike

3b-4b-3 (pivot to the left) 6

*Left hook to the body, right hook to the body, left hook to the head, pivot with your left foot
and land a right upper cut to the chin.*

-The Float like a butterfly sting like a bee

1-1-2b-3

Double jab, cross to the body, left hook to the head.

**step out immediately after the combo*

-The Floyd Money Mayweather

3-4-5-4-1

Left hook-right hook-left uppercut-right hook-jab

During throwing the jab try to move out at the same time

8. Push Ups 1 min

Core 5 min

Every exercise 45 sec 15 sec rest

Plank up

V-Up

Plank with T rotation

Core Roll Up

Russian Twist