

## Class Plan for a 60 Minute Boxing Class

<b>Warm up (10 minutes)</b>	Jogging on the spot, shuffles (1 minute) Skipping (3 minutes) Shadow boxing- jabs, crosses, uppercuts Basic combinations (3minutes) Push ups, sit ups, squats and lunges
<b>Boxing Combination</b>	Double jab, cross (1 minute) Double jab, cross, 10 uppercuts (1 minute) Double jab, cross, 10 uppercuts, 10 straights (1 minute)
<b>Pyramid Exercises</b>	2 uppercuts, 2 straights, 2 punches up high and 1 push up Punches pyramid up by 2 and push ups pyramid up by 1 Routines should not go over 3 minutes.
<b>Boxing Combination</b>	jab, cross, left uppercut, cross (1 minute) jab, cross, left uppercut, cross, duck, cross (1 minute) jab, cross, left uppercut, cross, duck, cross, left uppercut, right uppercut (1 minute)
<b>Abs Routines</b>	Boxers start in a bridge position (20 seconds) boxing stance uppercuts (20 seconds) Back to bridge position (20 seconds) Up into boxing stance straight punches (20 seconds) Back to bridge position (20 seconds) Up into boxing stance- punches up high (20 seconds)
<b>Advanced Boxing Combination</b>	Jab, cross, hook, cross (1 minute) Jab, cross, hook, cross, left uppercut, cross (1 minute) Straight punches in a sit up position (30 seconds)
<b>Line of Fire</b>	Boxers are in a straight line with their partners. Random combinations and cardio punches are called out by the instructor, lasting between 20- 30 seconds. Once that routine is completed the boxer will run back and take a step to there right to a new partner, then a new routine is called out. The total routine should last no longer than 3 minutes.
<b>Warm Down</b>	Light jog and stretches