

**The next 8 exercises are Cardio Combinations completed in the Advanced Course**

- The first routine involves pyramiding an advanced combination adding a run or a push up in between. As follows;

**Exercise 1:**

*Jab, Cross, Hook, Cross (30 Seconds)*

- *Sprint to the other side and come back to do 4 push ups.*

*Jab, Cross, Hook (30 Seconds)*

- *Sprint to the other side and come back to do 3 push ups*

*Jab, Cross (30 Seconds)*

- *Sprint to the other side and come back and do 2 push ups*

*Jab (30 Seconds)*

- *Sprint to the other side and come back and do 1 push up*

**You are then able to work your way up or you can let the combinations run for 45 seconds instead of 30 seconds.**

**Exercise 2:**

- This next routine involves some straight punching but puts an emphasis on ducking to really give the legs a good workout providing it is done properly and with good technique.

*Jab, Cross, Duck, 2 Uppercuts*

*4 Straight punches, 2 Ducks, 4 Uppercuts*

*6 Straight punches, 3 Ducks, 6 Uppercuts*

*8 Straight punches, 4 Ducks, 8 Uppercuts*

10 Straight Punches, 5 Ducks, 10 Uppercuts

**Again you are able to work this exercise back down to 2.**

**Safety tip:** Make sure their back is straight when they duck and they are not tilting forward. It should resemble a mini squat/lunge. This will give them a better workout!

### **Exercise 3:**

- The following routine needs to be conducted in an area where there is sufficient space to do running sprints. This drill can go for as long as three minutes;

*Twenty punches in front and twenty uppercuts, and twenty above the head.*

*Boxer then does three sprints up and down the room and should end up on the other side of the room.*

*Pad holder sprints over to boxer and again boxer does twenty punches in front, twenty uppercuts, and twenty punches above the head.*

*This time the pad holder does three sprints and should end up on the other side of the room. Boxer then sprints over and the routine starts again.*

### **Exercise 4:**

*Pad holder and boxer start in push up position and complete 2 push ups, 2 sit up rows.*

*Get up onto your feet and do 10 seconds worth of straight punches as fast as you can.*

*Both sides back down in push position and complete 4 push ups, 4 sit up rows.*

*Get up on your feet again and do 10 seconds worth of uppercuts as fast as you can.*

*Both sides hit the floor again for 6 push ups, 6 sit up rows, and then get up again and do 10 seconds worth of straight punches above the head.*

*Hit the floor for 8 push ups, 8 sit up rows and then do 10 seconds worth of punches sitting on the ground (pad holder stands in front of boxer and holds pads above their head).*

*Hit the floor for 10 push ups, 10 sit up rows.*

**Safety point:** Make sure that when the boxer is sitting on the floor their knees are bent and hooked up around the pad holder's ankles.

**Key point:** Depending on the fitness level of the class you can add on more exercises such as star jumps, lunge jumps, squat jumps, etc. OR pad holders can do the push ups and star jumps while the boxer does the sit up rows and lunge jumps and then swap.

### **Exercise 5:**

This next exercise will be a cardio combination. Explain how you can incorporate a left hook combination into a pyramid cardio routine.

- *Right cross, left hook, pause,*
- *Cross, hook, cross, hook, pause,*
- *Cross, hook, cross, hook, cross, hook, pause*

*Work your way down and then up again. This combination can go for 2 to 3 minutes.*

### **Exercise 6:**

We can also incorporate a cardio routine using front kicks and knees.

- *2 straight punches, 2 right knees, 2 front kicks.*
- *4 straight punches, 4 right knees, 4 front kicks.*
- *6 straight punches, 6 right knees, 6 front kicks.*
- *8 straight punches, 8 right knees, 8 front kicks.*
- *10 straight punches, 10 right knees, 10 front kicks.*
- *Swap legs and repeat.*

### **Exercise 7:**

**'Line of Fire'**

*All participants line up facing their partners. Presenter will call out a combination which will last for 30 seconds. When they call out change all the boxers run back and then run forward to the right to their new partner ready for the next combination.*

### **Exercise 8:**

#### **'Circle of death'**

*Same as above but instead of running backwards they move to their right and do a push up at their new partner.*

### **Six Specific Boxing & Kickboxing for Fitness Combinations**

1. *Double jab, cross, 2 right knees and 1 left knee*
2. *Double jab cross, duck, cross*
3. *Jab, Cross, right elbow*
4. *Jab, Cross, left hook, cross*
5. *Jab, Cross, right elbow, left uppercut, right uppercut*
6. *Jab, jab, cross, front kick off the back leg and a front kick off the forward leg*