

## 8 CARDIO DRILLS FOR YOUR BOXING SESSIONS

- 20 Straight punches – 2 Push Ups – 40 Uppercuts – 4 Push Ups

*Repeat for 2 minutes*

- 10 Straight punches – 10 Uppercuts – 10 Punches up above the head
- 8 Straight punches – 8 Uppercuts – 8 Punches up above the head
- 6 Straight punches – 6 Uppercuts – 6 Punches up above the head
- 4 Straight punches – 4 Uppercuts – 4 Punches up above the head
- 2 Straight punches – 2 Uppercuts – 2 Punches up above the head

*Work your way up back to 10*

- Jab, Jab, Cross – 2 Straight Punches
- Jab, Jab, Cross – 4 Straight Punches
- Jab, Jab, Cross – 6 Straight Punches
- Jab, Jab, Cross – 8 Straight Punches
- Jab, Jab, Cross – 10 Straight Punches

*Work your way back up to 10. Remember keep the jab, jab, cross powerful and the straight punches fast.*

- 20 Straight Punches – 20 Uppercuts – 20 Knees up – 1 Push Up
- 20 Straight Punches – 20 Uppercuts – 20 Knees up – 2 Push Up
- 20 Straight Punches – 20 Uppercuts – 20 Knees up – 3 Push Up

*Work your way up to 10 push ups*

- Jab, Cross, Jab, Cross – Shuffle side to side 4 steps
- Jab, Cross, Jab, Cross – Shuffle side to side 4 steps

*Repeat for 2 minutes*

- 10 Second sprint on the spot (knee's up) – 10 Second Straight punches
- 20 Second sprint on the spot (knee's up) – 20 Second Uppercuts

*Repeat for 2 minutes*

- Boxer needs to be in sit up position- Pad holder stand in front
- 1 Left Jab - 1 Sit up – 1 Right Cross – 1 Sit up
- 2 Left Jabs – 2 Sit ups – 2 Right Crosses – 2 Sit ups

- 3 Left Jabs – 3 Sit ups – 3 Right Crosses – 3 Sit ups

*Continue upwards to whatever you feel your client is capable of*

- Jab, Cross, Jab, Cross, Left Upper Cut, Right Upper Cut

-Pause-

- Left Uppercut, Right Uppercut, Left Uppercut, Right Uppercut, Jab, Cross

-Pause-

*Repeat for 3 minutes*