



26/05/2023

🕒 45 MIN / STRENGTH

BOXING X CONDITIONING



Equipment: weights (2x dumbbells / kettlebell or rucksack)

This session is focusing on building upper body strength through challenging our coordination and single arm movements. Combining a full 360 core approach, your whole upper body should feel it after this session!

Mobility & Activation

5 mins

ROUND 1

Deadlifts
Dumbbell Swings
Chest Press
Hand Release Press Ups
x2

8 MINS
45s on 15s off

ROUND 2

30s Boxing 30s Sprinters
30s Boxing 30s Shuffle to Floor Touch
30s Boxing 30s Mountain Climbers
min Weighted Crunches
x2

8 MINS

ROUND 3

Goblet Squats
Squat Jumps
Cleans
Plank Jack Shoulder Taps
x2

8 MINS
45s on 15s off

ROUNDS 4

30s Boxing 30s High Pull Left
30s Boxing 30s High Pull R
30s Boxing 30s Jump Lunge
1min SingleLeg Jack Knife
X2

8 MINS

3M FINISHER

50 Punches 2 Dumbbell Snatches
-10 punches + 2 Snatches until you reach 10 Punches 10 Snatches