

15 MINUTE

BOXING WORKOUT



Aaron Swenson
FightCamp Trainer
@SwensonBoxing



4 ROUNDS. 1 MINUTE REST BETWEEN ROUNDS.

COMBO 1

Double Jab + Cross

1 MINUTE



COMBO 2

Jab + Cross + Lead Uppercut

1 MINUTE



COMBO 3

Lead Uppercut + Rear Uppercut

1 MINUTE



REST 1 MINUTE

FIGHT
CAMP

Boxing Workout Guide

S Ashworth



Boxing Workout Guide:

The Complete Guide to Boxing Fitness Hilary Lissenden, 2015-01-08 A comprehensive practical guide to non contact boxing looks at workouts in an individual group or class setting Learn how to improve clients body composition heart lung stamina strength speed coordination balance and flexibility It also covers boxing training s less tangible but equally important benefits such as building confidence and self esteem especially relevant to schools and young people Key features include Fully illustrated with vibrant photographs and practical diagrams for imparting core boxing and safety techniques e g wrapping clients hands teaching correct stance punches and combinations Sample training programmes for clients of differing abilities and fitness levels with guidance on safe and appropriate progression Relevant content on dietary and health matters The Complete Guide to Boxing Fitness is a tried and tested unique guide to boxing skills and drills for the fitness and sporting arenas

The Ultimate Guide to Weight Training for Boxing Rob Price, 2012-02-12 **Boxing** Danna Scott, 2000 An easy to understand fully illustrated guide to health and fitness with the art of boxing It will be useful either to the novice fighter or to those looking for a new form of exercise It explains the equipment punches and combinations defensive skills and movement ring strategy boxing styles training techniques and tricks of the trade

Boxing Training Guide Evan T. Hayes , 2025-11-04 Unlock the proven techniques fight strategies and conditioning drills used by real fighters without ever stepping foot in a ring unless you want to Whether you re a complete beginner or building your foundation for competitive boxing this no fluff action ready guide will take you from zero to confident fighter Discover how to build real boxing skills fast starting today You don t need years of experience expensive coaching or even a gym membership to get started You need the right system Boxing Training Guide breaks down the complex sweet science into simple effective steps you can follow from home or in the gym Inside you ll learn How to master stance footwork and form so you build habits like a pro from day one Punching fundamentals jab cross hook and uppercut mechanics that deliver speed and power The secrets to fluid combos defensive counters and ring control even beginners can learn Shadowboxing bag work and partner drills that transform technique into muscle memory High performance workouts HIIT routines and strength conditioning tailored for boxers Nutrition recovery and mental focus strategies used by elite fighters A full beginner to intermediate weekly training schedule to follow Why this book is different Unlike most generic fitness guides or overly complex boxing manuals this book was designed for real beginners those who want clear instruction practical drills and motivation from day one You ll gain the confidence to punch with purpose move with intention and defend with precision If you re serious about learning how to box whether for fitness self defense competition or confidence this is the one guide that delivers results

The Boxer's Workout Peter Depasquale, 1990-09-01 Boxing workout for whole body conditioning aerobic fitness and fun Presents the non contact workout program that boxers use to get into shape Starts with the basics pre conditioning roadwork when and where to train diet and equipment Over eighty photo illustrations on warm up

movement shadow boxing heavy bag speed bag punches circuit developing your own boxing style and more Assumes no prior knowledge of boxing Suitable for men women teens and seniors Available from the Publisher Fighting Fit 47 Hicks Street Brooklyn NY 11201 718 855 2450 FAX 718 858 2474 e mail info boxersworkout com Also available through Baker and Taylor Brodart and Ingram **Boxer's Start-up** Doug Werner,1998 A guide to boxing training and techniques with information about equipment safety working out and offensive and defensive skills with a history of the sport **The Complete Strength Training Workout Program for Boxing** Joseph Correa (Professional Athlete and Coach),2015-11-11 The Complete Strength Training Workout Program for Boxing Increase power speed agility and resistance through strength training and proper nutrition This training workout program will change how you look and how you feel If you follow the program you should see great results fast Both a NORMAL and an INTENSE version of this training program are included to make sure you are challenged enough to make a significant change to your body The recipes included are specific to each time of the day but you can and should add a meal here and there depending on what your body needs This training program comes with a warm session and exercise routine so make sure you don t skip the first to stay injury free to be able to complete the program Additionally this training program solves the eating dilemma by giving many options in terms of nutrition It comes with delicious breakfast lunch dinner and dessert recipes so you can satisfy hunger and still eat healthy An entire chapter in this book is dedicated to muscle shake recipes to help you fully absorb as much protein as possible in a healthy way but make sure to drink plenty of water to help your body digest all this protein adequately Anyone can get fitter leaner and stronger it just takes discipline and a great training program to get you exercising and eating right People who begin this training plan will see the following Increased muscle growth Enhanced strength mobility and muscle reaction Better capacity to train for long periods of time Lower muscle fatigue Faster recovery times after competing or training Increased energy throughout the day More confidence in yourself A better attitude towards exercise and nutrition

Fitness Boxing Jamie Dumas,2014-10-31 The benefits of boxing training are many weight loss and toning improved speed strength stamina coordination balance and flexibility Fitness Boxing covers all the techniques used in a boxer s training programme and shows how to tailor these to suit individual needs through the use of colour photographs and step by step guidance It is a comprehensive guide to a non contact cardiovascular workout that s safe effective and enjoyable Endorsed by the World Boxing Council and with a foreword by World Champion Sergio Martinez Fully illustrated with 350 step by step colour photographs **Power Boxing Workout Secrets** Sammy Franco,2018-05-12 Power Boxing Workout Secrets A 21 Day Program to Becoming a Devastating Knockout Puncher in Boxing and Mixed Martial Arts is a unique power development program made for fighters who want to be champions by dramatically increasing their power and explosiveness in the ring When used correctly this comprehensive power program will double your knockout power and fighting explosiveness in as little as 21 days Power Boxing Workout Secrets is different from any other boxing program The boxing

drills and exercises featured in this program are seldom seen or discussed in boxing circles Nevertheless these power development workout secrets will allow you to quickly dominate your opponent in boxing mixed martial arts kick boxing and even self defense Best of all this power program works seamlessly with any boxing routine or combat sports workout regimen With dozens of detailed photographs and step by step instructions Power Boxing Workout Secrets has beginner intermediate and advanced training drills and exercises that will multiply your power and explosiveness in the ring This innovative power boxing program is based on best selling author Sammy Franco s 30 years of research training and teaching the combat arts He s taught this unique power development system to his top students and he s confident they will help you become a superior fighter Whether you re an elite fighter or just a beginner Power Boxing Workout Secrets will take your fighting power to the next level and beyond

Subject Guide to Books in Print ,2001 **Boxing: the Complete Guide to Training and Fitness** S. MAHAJAN,2021-05-27 Boxing is becoming more and more popular these days While it definitely had its height of popularity a few many years ago as well as certain more recent incident occurring in the sport of boxing it is starting to once again become of more and more interest to the average Joe Most of who think that not only does it seem like a more fun workout than others but it seems to be one of the easier ways to build great strength and upper body mass This does have truth to it but here let s explore what it takes in the real true pursuit of becoming an actual boxer The basic boxer must utilize at least one of the two necessary qualities that can be best used when fighting an opponent who hopefully possesses the opposite One of the qualities is speed You must be faster and quicker to the punch or respond more quickly to the block than the other boxer Obviously this can vary through the rounds of a boxing tournament as your condition is definitely going to be weakened by each round Having a better speed and mental reaction time will almost always overpower that of the other necessary quality of being a boxer That other quality is power If you can t pack that knockout punch then you definitely need to up your training schedule and advance your current workout Rarely does one wake up one morning and make the decision to be a boxer Unless of course it is as a child and that dream is maintained throughout childhood and steps towards that goal are actively taken throughout adolescence

Badass Boxing Workouts Jennifer Chieng,2019-03-12 Punch Boring in the FacePump up your fitness routine by following former Olympic boxer Jennifer Dugwen Chieng s badass boxing regimen It s a high intensity full body workout that is just as fun as it is impactful This book teaches classic boxing techniques with lessons on footwork punches endurance core strengthening and more Hooks Uppercuts Strikes Intense Crunches Partner Work Quick Feet SprintsThe exercises in Badass Boxing Workouts really pack a punch You ll find yourself gaining stability muscle tone stamina and self improvement all while transforming your body and kicking ass

Black Belt ,1991-11 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos

including many about the works of Bruce Lee the best known martial arts figure in the world *Old School Boxing Fitness* Andy Dumas, Jamie Dumas, 2013-05-01 If you want to look like a world class athlete you have to train like one and no athletes train harder or look better doing it than professional boxers Fitness boxing takes the best parts of a boxer's workout and combines them with more traditional exercises like running and weightlifting to create a unique workout that will help boost your stamina strength and agility while throwing punches Designed for men and women of all ages and levels of fitness certified boxing instructors Andy and Jamie Dumas's twelve week guide to fitness and nutrition is broken into three sections boxing training cardiovascular conditioning and muscular conditioning Easy to follow instructions combined with more than 200 step by step photographs describe all aspects of fitness boxing training from the basics of throwing punches to the tried and true conditioning methods professional boxers use for their own cardiovascular and muscular development *The Boxer's Workout* Peter De Pasquale, 1988 Ultimate Boxing Workout Andy Dumas, Jamie Dumas, 2019-08-30 Boxing is the ideal workout for fitness and conditioning No wonder more and more people around the world both women and men are discovering how to stay fit through boxing exercises Stamina strength speed endurance and more are all within your reach through Ultimate Boxing Workout Authentic Workouts for Fitness Experience the challenging physical training of a boxer and get in the best physical condition of your life These exhilarating interval workouts teach you the foundations of boxing training body awareness proper execution of movements all resulting in a challenging and safe exercise program Boxers are the best conditioned athletes in the world The Ultimate Boxing Workout replicates the most beneficial elements of a boxer's practice to maximize results in the shortest amount of time It is fun effective and dynamic and it includes routines that cover all aspects of boxing training Here at last both women and men will find boxing and fitness in perfect balance *The Ultimate Guide to Weight Training for Boxing* Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Boxing is the most comprehensive and up to date boxing specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round boxing specific weight training programs guaranteed to improve your performance and get you results No other boxing book to date has been so well designed so easy to use and so committed to weight training This book supplies you with a yearround workout program designed to increase punching speed and power in your jabs hooks and uppercuts Following this program will raise your stamina and endurance which will result in extraordinary footwork that will have you dancing around opponents and hitting them with sharp combinations until the final bell Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too **The One-Two Punch Boxing Workout** Andy Dumas, Jamie Somerville, 2001-09 The One Two Punch Boxing Workout offers readers at all levels of fitness a new workout program that promises to improve their strength speed

endurance and agility by using proven boxing workouts that are safe effective and fun No contact is required in this workout The program in The One Two Punch Boxing Workout is based on a 12 week schedule with plenty of information and inspiration for students who want to keep going long after Week 12 The authors have targeted their audience very effectively with this book and their first videotape which was in 2000 the first ever fitness video selected for pay per view viewing in Canada The airing of the workout was a tremendous success and resulted in not only repeated broadcasts but in the development of additional videotapes in production now The fitness boxing audience includes literally millions of people who want a solid real world tough workout that will increase their speed cardiovascular endurance and power In the ring competition actually hitting people or being hit and fancy equipment are downplayed throughout the book Although the use of some equipment is mentioned the vast majority of the exercises ca **Complete Idiot's Guide to Fitness Boxing Illustrated** Tom Seabourne, Ph. D. Seabourne, 2006 Fitness boxing is one of the hottest workout trends across America with over 10 000 health clubs featuring fitness boxing and boxaerobics programs But what is fitness boxing exactly It s an exercise program that uses aspects of professional boxing training and aerobics to build strength and confidence and of course burn calories And it s fun especially with a partner This is the only book of its kind to lead the reader through each dynamic stage of fitness boxing From stretching and jumping rope to sit ups toning and leg work to each kind of punch and their combinations expert Tom Seabourne puts it all together in this knockout of a fitness title And to make it even easier he and two of his students demonstrate the program on a professional 30 minute DVD produced for and packaged exclusively with this title **Black Belt** ,1995-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

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