
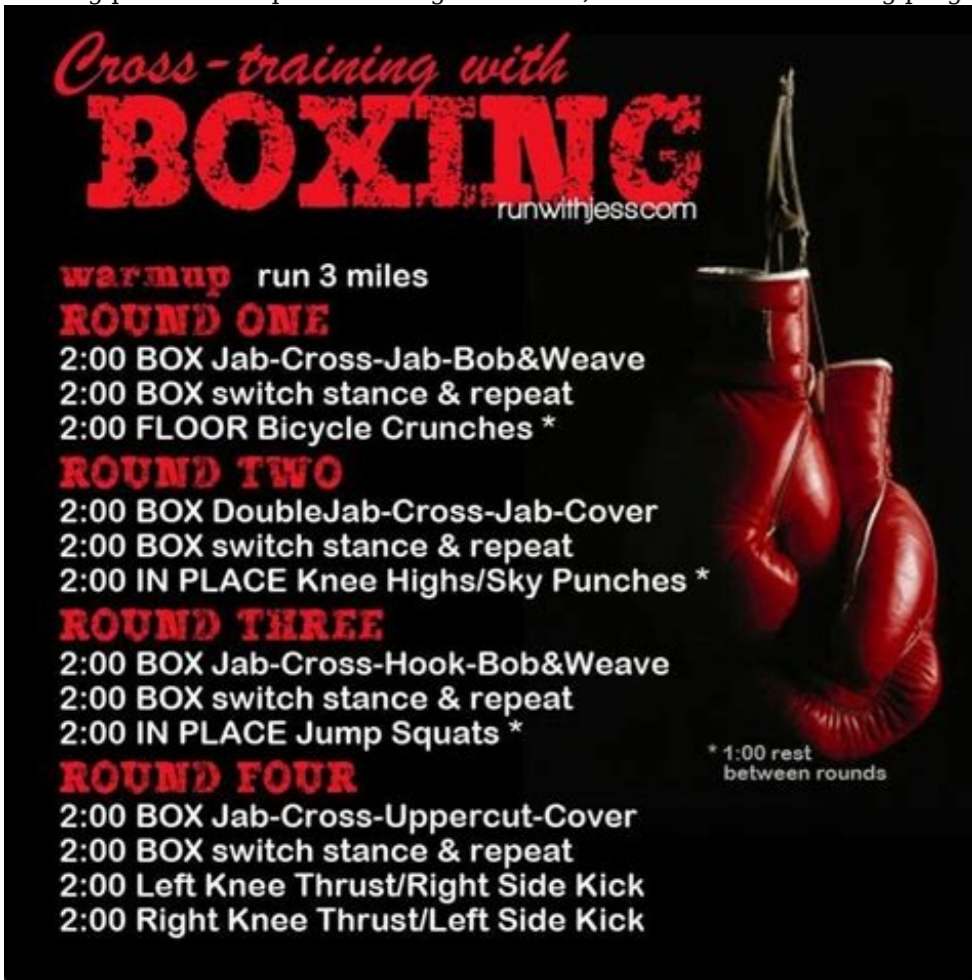


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Boxing workout routine gym

To be an expert in a sport, there is a certain level of specificity required. How you train, how you eat, and how you treat your general wellness all impact the progressions you're able to make in your sport of choice. Boxers, like other athletes, fall into these same needs, with specific training modules that help increase certain skills and help individuals "box their best." Successful boxing requires a combination of speed, power, strength, and endurance. Bulk can also be an advantage, depending on weight classification. Weight training, or resistance training, used intelligently, can promote and enhance these athletic characteristics. Because all athletes have individual needs, a generic program like the one included on this page will need to be modified for specific styles, ages, goals, and available facilities. The general preparation phase should provide all-around muscle and strength conditioning. If you prepare on a seasonal basis, this phase should take place in the early pre-season. If you do not have "seasons," then just progress through the training phases in sequence. As a general rule, and for all the following programs, don't do the workouts prior to a fight training session. Do them later in the day after ring work, well before, or on a separate day altogether.



Cross-training with BOXING
runwithjess.com

warmup run 3 miles

ROUND ONE
2:00 BOX Jab-Cross-Jab-Bob&Weave
2:00 BOX switch stance & repeat
2:00 FLOOR Bicycle Crunches *

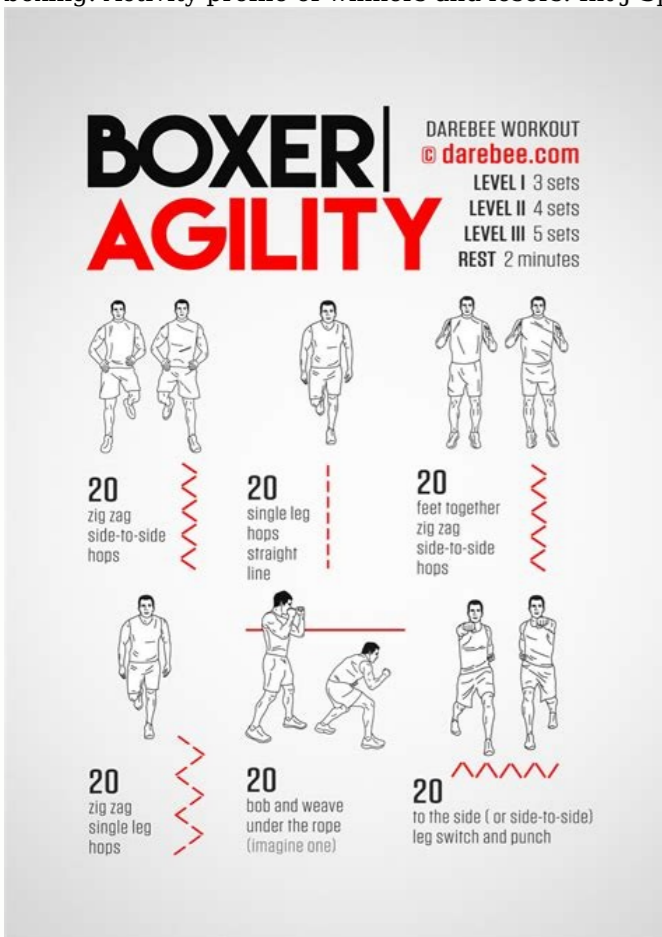
ROUND TWO
2:00 BOX DoubleJab-Cross-Jab-Cover
2:00 BOX switch stance & repeat
2:00 IN PLACE Knee Highs/Sky Punches *

ROUND THREE
2:00 BOX Jab-Cross-Hook-Bob&Weave
2:00 BOX switch stance & repeat
2:00 IN PLACE Jump Squats *

ROUND FOUR
2:00 BOX Jab-Cross-Uppercut-Cover
2:00 BOX switch stance & repeat
2:00 Left Knee Thrust/Right Side Kick
2:00 Right Knee Thrust/Left Side Kick

* 1:00 rest between rounds

You need to be fresh for ring work. Nothing you do should limit your ability to practice technical boxing skills in the environment in which you would normally compete. In this phase, you will focus on the development of skills you need to succeed in the ring. Frequency: 2 to 3 sessions per week, 4 to 6 weeksType: Strength and powerExercises: 5 sets of 6 reps Romanian deadlift Incline bench press Hang power clean Pull-ups Squats Combo crunches at 3 sets of 10 to 12 Rest between sets: 3-5 minutes (crunches: 1-2 minutes) Frequency: 2 to 3 sessions per week, 4 to 6 weeksType: Speed and agilityExercises: 5 sets of 30 seconds each for maximum reps Broad jumps Agility ladder Single-leg lateral hops (30 seconds per leg) Box jumps Rest between sets: 1-2 minutes The aim of this phase is the maintenance of strength and power. Ring training and competition should dominate. Prior to the start of the competition, take 7 to 10 days off from heavy-weight work while maintaining your ring work. Weight training in the competition phase should play essentially a maintenance role. Frequency: 1 to 2 sessions per weekType: Power; lighter loads and faster execution than in the specific preparation phaseExercises: 3 sets of 10 reps, rapid concentric movement, 40% to 60% of 1RMSquatsHang cleanRomanian deadliftsCrunchesRest between sets: 1-2 minutes Boxing over the course of 12 rounds requires stamina and aerobic fitness. Most boxers use jump ropes for this type of fitness. A regular "roadwork" run is a crucial training element for increasing aerobic fitness and endurance, especially for those who fight over 12 rounds. Distance runs should be between 6 and 8 kilometers at a moderate pace for four or five days each week. Longer training should be avoided to minimize muscle loss and conversion of fiber type from fast to slow. Circuit training in the gym will also provide aerobic conditioning. Warm up prior to weight training Don't train through serious injuries, acute or chronic Don't sacrifice a ring session for a weights session unless you're treating or recovering from an injury with weight work If you have a knowledgeable coach, be guided by him or her regarding the details of your program Take at least a few weeks off at the end of the season to recover after a hard season of training and competing If you're new to weight training, read up on the fundamentals before you start Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Davis P, Benson PR, Pity JD, Connorton AJ, Waldock R. The activity profile of elite male amateur boxing. Int J Sports Physiol Perform. 2015;10(1):53-57. doi:10.1123/ijspp.2013-0474 Bruzas V, Kamandulis S, Venckunas T, Snieckus A, Mockus P. Effects of plyometric exercise training with external weights on punching ability of experienced amateur boxers. J Sports Med Phys Fitness. 2018;58(3):221-226. doi:10.23736/S0022-4707.16.06674-3 Davis P, Wittekind A, Beneke R. Amateur boxing: Activity profile of winners and losers. Int J Sports Physiol Perform.



BOXER AGILITY
DAREBEE WORKOUT
darebee.com

LEVEL I 3 sets
LEVEL II 4 sets
LEVEL III 5 sets
REST 2 minutes

20 right leg side-to-side hops
20 single leg hops straight line
20 feet together right leg side-to-side hops
20 right leg side-to-side hops
20 back and forth under the rope (imagine one)
20 to the side (or side-to-side) leg switch and punch

2013;8(1):84-91. doi:10.1123/ijspp.8.1.84 Peña J. Conventional deadlift vs.



Telstra 5:57 AM 100%

Notes **Boxing workout!!!** +

Today 21 May 5:57 AM

Boxing workout!!!

Skip for 1 minute

12 x - Left, left, right, duck

12x - Upper cuts

12 x - left, right

20 crunches

10 side lunges each side

10 donkey kicks each side

12 x - left, left, right, duck

12 x - upper cuts

12 x - left, right

10 squats

10 back lunges each side

10 Push ups

Skip for 1 minute

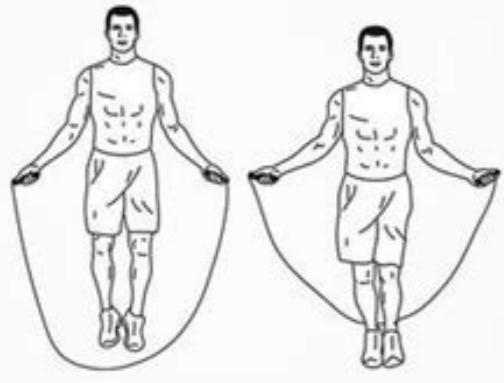
Romanian deadlift. Muscle and Performance. Kamandulis S, Bruzas V, Mockus P, Stasiulis A, Snieckus A, Venckunas T. Sport-specific repeated sprint training improves punching ability and upper-body aerobic power in experienced amateur boxers. J Strength Cond Res. 2018;32(5):1214-1221. doi:10.1519/JSC.0000000000002056 Bruzas V, Stasiulis A, Cepulenas A, Mockus P, Statkeviciene B, Subacius V. Aerobic capacity is correlated with the ranking of boxers. Percept Mot Skills.

BOXING DRILLS

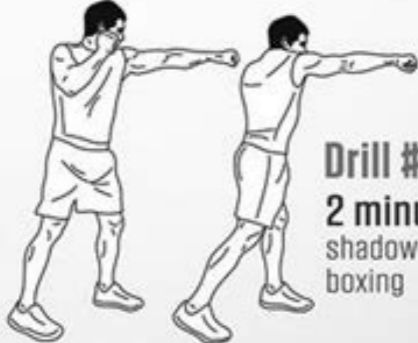
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes

Drill #1
2 minutes
jump rope



Drill #2
2 minutes
heavy bag
boxing



Drill #3
2 minutes
shadow
boxing

2014;119(1):50-58. doi:10.2466/30.29.PMS.119c12z9 If you haven't been able to get down to the gym or if you have your own personal workout space at home. Using boxing fitness techniques and practices can be a great way to stay or get in brilliant shape. In terms of boxing related workouts here are 6 options for you try out in the comfort of your own home. Jumping rope is an essential workout for any boxer and it acts as a great warm up or warm down training tool. If you are unsure how to jump rope I highly recommend you check out my articles on my tips to jump rope here or how to jump rope like a boxer. Skipping rope usually come at reasonable cost and you won't want to break the bank to get one (check out my recommendations in the above link). Overall it is a brilliant tool to help with your cardio, rhythm and footwork. Once it becomes natural, you can start to try different things like double jumps and cross overs to add a bit variety to your training. I highly recommend you check out FightTIPS video below who goes over some basic moves for beginners and some tips for those more advanced below. Now if you don't have a punch bag to practice with, you can always get a great sweat on by shadow boxing. If you have never tried shadow boxing before, it can be quite a strange experience to try out at first as you are literally punching thin air. Shadow boxing is primarily used to perfect your punching technique and combinations, while also using your own imagination to simulate using punches, movement and defence against an opponent. But trust me, you can get a really brilliant workout from throwing punch combinations alone and also moving around. It may seem silly at first, but if you are to doing 2-3 min rounds of this non stop you for 5-6 rounds you will start to feel the burn. You also check out my shadow boxing workout blog here for more ideas or why not consider using Shadow boxing resistance bands instead. The video below will give you some brilliant ideas for a shadow boxing workout at home. Getting yourself a boxing reflex ball is another smart way to do a boxing workout from home. Using a reflex ball at first can be a tough to get used to, but once you get the hang of it you can really start to get a decent workout. A reflex ball can help with things such as your punch timing, reflexes and speed. Not only that, it's quite a fun exercise, but also requires some concentration or you will get hit with the ball! If you do this for 10 mins straight you will definitely get a sweat on and decent workout. Try using one for 2-3 mins for 3-6 rounds. If you are in need of reflex ball I recommend checking out my best reflex balls review list which also gives you some more training benefits. Functional Fitness exercise techniques are key for an overall body training which help you for activities performed in daily life. This can include things such as press ups, squats, mountain climbers, burpees etc. Although these may sound awful for some they are in fact a brilliant way to get you in get shape quickly.



In boxing you are using the majority of your body's muscles and therefore functional fitness is brilliant method for boxers to get in the best shape. It's no wonder you see so many shredded before fight as a lot of their workouts come from these old school methods. Make sure to try these out alongside shadow boxing or reflex ball training to add a bit more edge to your training. Having a strong core is essential for boxing and luckily if you are working out from home you are able to do a whole bunch of core exercises without needing equipment. A strong core can really help with your overall body strength and punch power as you will be using your core muscles for most of these boxing related movements. Here is list of core exercises you should try out for your next boxing workout from home. 30 sit ups 30 sit up punches 30 flutter kicks 30 scissors 30 butt ups 30 sec 1-min plank 30 sec side plank each side I also recommend you check out FightTIPS useful core workout video below for some more techniques to try out. If you are lucky enough to have a punch bag at home you will definitely be able to get a great sweat on by using either a hanging heavy bag or free standing bag. I find it is a great piece of equipment for practicing your combinations and improving your overall punching power. I also feel it's the closest you will get to simulating hitting an opponent while outside sparring and competition if you plan on fighting at that level. The standing or heavy bag will give you some real intense workouts the harder you try and can also really work on your cardio and muscle endurance if you spend a good 20-30 mins on the bag e.g. interval style training. I highly recommend you check out my bag workout article for beginners here for some ideas on some workout options. If you don't have punch bag yet, make sure to check out my hanging heavy bag or standing punch bag review to consider. If you are limited for space or in a smaller apartment, make sure to check out my review on the doorway Quiet Punch punching bag which might be more useful! I have also left a great video below to help out further with your boxing workout from home. Taking up an online boxing course could also be brilliant way to start learning all the essential boxing skills from home if you wish to take your skillset even further. It can be a great way finding out how serious you want to go with boxing and you can also learn some awesome new boxing moves to try out in your workouts. Check out my list of top online boxing course lessons here or why not read below to find out about one of the top boxing workout systems out there. FightCamp is a new workout subscription that brings authentic, trainer-led boxing workouts to any home. Thousands of people are loving these interactive, intense and empowering workouts, led by six experienced trainers. The FightCamp Membership grants you unlimited on-demand access to a growing library of boxing workouts—that means unlimited access to every workout, every drill, every tutorial and every piece of exclusive content created to inspire the fighter inside you. You can read my full review on FightCamp here or why not check them out yourself here. Hope you enjoyed this boxing training article let me know in the comments below if you would like to try any of the above workouts at home. For more articles like this, just click here or why not check out some other awesome fitness programs here. Thanks for reading! Recent Post link to Josh Taylor vs Teofimo Lopez - Fight Preview link to Unbeatable in the Ring: Top 12 Undeclared Boxing Champions