

Boxing for Fitness

The perfect 30 minute workout

With the resurgence of Boxing for Fitness in gyms and personal training studios it has become clear that boxing training is still one of the most beneficial and motivating forms of exercises around.

Laying claim to being the only training method that has stood the test of time, boxing can proudly stand on its own as a superior training tool for Personal Trainers and individuals.

Boxing training is much more than slipping on a pair of gloves and pounding a bag or focus pads. There is a lot more to this skilful art, particularly on a cardio and muscle definition level, which is one of the main reasons boxers are so often lean and well defined.

Below we will go through a training routine which has been modified to suit the everyday person of a moderate fitness level with the added benefit of not requiring any boxing equipment or training partner. No black eyes!

The only equipment you will require is a set of 2kg dumbbells, a skipping rope, and if possible a 4kg medicine ball.

To start with we need to warm up and what better way than a mini circuit routine utilising all of the above equipment.

8 minute warm up circuit: We are going to start with a 1 minute skipping round. Now if you can't skip don't throw the rope away and give up! There are many alternatives. You can lay the rope out in front of you and shuffle side to side touching the ends of the rope (the handles).

Continue skipping or side to side shuffling for 1 minute.

After 1 minute drop to the floor and complete a set of 5 slow push-ups. Make sure you go through the whole range of motion. Do not rush through this – remember it is a warm up.

After your 5 push-ups stand in front of a mirror and practice some shadow boxing for the next minute. This simply involves throwing punches into the air (with good technique). The punches to rotate through are jabs, crosses, and uppercuts.



After 1 minute of shadow boxing drop to the floor and do another 5 push-ups.

Once the skipping/push-up/shadow boxing circuit is complete pick up the medicine ball and complete 30 seconds of slow squats holding the ball out in front. If you don't have a medicine ball just do your squats with your arms extended in front of your chest.

After 30 seconds lay on your back and complete slow sit-ups for the next 30 seconds. Once you have completed the sit-ups and squats do another set of 5 push-ups.

Repeat this mini circuit 1 more time, but next time you do the shadow boxing component use the 2kg dumbbells. This will add resistance to your punches and increase your body temperature and heart rate a little more.

This warm up circuit should take about 8 minutes to complete. Now you're on your way to the 20 minute training circuit.

20 minute training circuit: Holding the 2kg dumbbells in a guard position like your boxing, punch out 10 left jabs making sure you're not hyperextending the elbow.

Once you have done a set of 10 left jabs complete a set of 10 right crosses.

Put the weights down and drop to the floor and do a set of 10 narrow width push-ups. Narrow width push-ups work the arm muscles harder.

Continue on now with 8 left jabs and 8 right crosses and then again drop to the floor and complete 8 narrow width push-ups.

Follow this drop 2 sequence till you get to 2 left jabs, 2 right crosses, and 2 push-ups. Remember you are going down in increments of 2.

Now is your recovery which will be 1 minute of skipping nonstop. If you stop start the minute again! This is all about discipline people.

Onto the next routine you will need your medicine ball. Holding the medicine ball out in front of your body complete a set of walking lunges up and down the room. You want to be able to do at least 5-10 on each leg.

After a set of walking lunges still holding the ball in front complete a set of 10 squats. Straight away pick up the 2kg dumbbells and start punching out in front from left to right for 30 seconds. These are called burn out's so really go for it!

After 30 seconds pick the ball up and go again with 5-10 walking lunges on each leg and then 10 squats. Again pick up the dumbbells and punch out in front for 30 seconds making sure you are jab crossing from left to right.

Complete this routine one more time so in total you would have completed it 3 times.

Once you have completed the 3 sets pick up your skipping rope and skip or side to side shuffle for another minute nonstop.

Onto core stability: Place yourself in a prone position, slightly raised with both arms bent underneath you as if you were pushing yourself up from the floor – hold this position for 30 seconds.

Roll onto your back and perform nonstop crunches for 30 seconds – making sure you draw your stomach muscles in towards your spine. Repeat this 3 times through.

Once you have completed this routine 3 times grab your rope and do 1 final minute of skipping or side to side shuffling.

This is the main body of the session. You should be feeling pretty exhausted by now. If you found this too easy or too difficult there are ways to modify it.

If you want a more challenging workout then increase the weight of the dumbbells and the medicine ball and try to have less rest in between sets.

On the other hand if you find the routine was too hard and you won't stick to it, then reduce the weight of the dumbbells and medicine balls and increase your rest time in between sets.

Remember to always finish with a light cool down and stretch. A walk around the room for a few minutes is always a good way of letting your heart rate come down followed by a total body stretch.

Good luck and enjoy!

Christian Marchegiani

For more information on THUMP courses visit www.trainingsystems.com.au or call 1300 558 285.