

BOXERCISE CLASSES: CLASS 1

Shadowbox with dumbbells	3 min
Burpee punchout with dumbbells	2 min
Clap Pushups	25 reps
Standing Curl/Press/Lunge	25 reps
Shadowbox Freestyle	3 min
Crunches	50 reps
Plank	2 min
Plank to pushup	20 reps
Shadowbox Counter Punch Drills	2 min
Defense Rolls (power stance)/Squats/knee tucks	25 each
Shadowbox Pyramid - jab/cross/hooks/uppercuts	25 each
Defense Rolls (power stance)/Squats/knee tucks	25 each
Shadowbox single cone drill (freestyle, work around the cone)	1 - 3 min
Situps	50 reps
Leg raise	25 reps
Reverse Crunch	25 reps

Intervals:

Shadowbox dumbbell punchout	1 min
Jumping Jacks	1 min
Shadowbox dumbbell punchout	1 min
Fast Feet	1 min
Shadowbox dumbbell punchout	1 min
Jump Lunge	1 min
Shadowbox dumbbell punchout	1 min
Burpee	1 min
Shadowbox dumbbell punchout	1 min
Pushup Crawl forward and back	25 pushups
Situp/Reach up/Twist	50 reps
Toe Touch	50 reps
Shadowbox freestyle	3 min
Slide step	2 min
Shadowbox burpee punchout	3 min
Wall Sit	2 min
Shadowbox freestyle	3 min
Walking Lunge	2 min
Shadowbox burpee punchout	3 min

BOXERCISE CLASSES: CLASS 2

Jump rope	3 minutes
Shadow box	3 minutes
Burpee punchout	25 reps (with 510 punches each burpee)
Pushups	25 reps
Shadow box	3 minutes
Mountain Climber	2 minutes
Plank to Pushup	25 reps (full pushup)
Jump Rope	3 minutes
Shadow box	3 minutes
Fast Feet/Knee Tucks	3 minutes (switch every 15 seconds)
Slide Step/Jump Lunge	3 min (switch every 15 seconds)
Dumbbell punchout	3 minutes (30 sec with dumbbell, 30 without)
Situps	50 reps
Leg Raise	25 reps
Reverse Crunch	25 reps
Toe Touch	25 reps
Jump Rope	2 min
Burpee punchout	2 min (10 punch after each burpee)
Shadow box	2 min
Jumping jacks	1 min
Shadow box	2 min
Squats	1 min
Shadowbox	2 min
Clap pushups	25 reps
Dumbbell punchout	1 min
Clap pushups	20 reps
Dumbbell punchout	1 min
Clap pushups	15 reps
Dumbbell punchout	1 min
Situps	50 reps
Leg Raise	25 reps
Reverse Crunch	25 reps
Toe Touch	25 reps

BOXERCISE CLASSES: CLASS 3

Shadowbox freestyle – 3 min

Jumprope – 1 min

Knee tuck – 25 rps

Jumprope high knees – 1 min

Fast Feet – 1 min

Jumprope – 1 min

SlideStep – 1 min

Shadowbox freestyle – 3 min

Pushup row – 25 reps

3 way crunch – 100 reps

Close Grip Pushup – 25 reps

Shadowbox Dumbbell punchout - 5 minutes (30 sec with dumbbell, 30 without)

Squat/Curl/Press/Lunge – 25 reps

Shadowbox Dumbbell punchout - 3 minutes (30 sec with dumbbell, 30 without)

Squat/Curl/Press/Lunge – 25 reps

Shadowbox punch pyramid – jab/cross/hooks/uppercuts – 25 reps – 5 reps (down by 5 reps)

Squat/Curl/Press/Lunge – 25 reps

Pushup row – 25 reps

3 way crunch – 100 reps

Close Grip Pushup – 25 reps

Shadowbox multi cone drill (video) – 3 min

Ladder Jab Drill (video) – 3 min

Shadowbox multi cone drill (video) – 2 min

Ladder Jab Drill (video) – 2 min

Shadowbox freestyle – 2 min

Situps – 50 reps

Leg Raise – 25 reps

Reverse Crunch – 25 reps

Shadowbox Speed/Power – 30 sec intervals – 3 min

Kettlebell swings (simulate if you don't have one or a dumbbell to substitute) – 2 min

Shadowbox Speed/Power – 30 sec intervals – 3 min

Kettlebell high pull – 2 min

Shadowbox Speed/Power – 30 sec intervals – 3 min

Kettlebell snatch/lunge – 2 min

Shadowbox freestyle – 3 min