

# BOSTON BOXING AT HOME WORKOUTS

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**WARMUP:** JUMP ROPE – 3 ROUNDS (3 MINUTES WITH A 1 MINUTE REST) (SIMULATE IF YOU DON'T HAVE A ROPE)

**CARDIO:** CHOOSE 1 OPTION, EACH EXERCISE IS 1 MINUTE; TAKE A 1 MINUTE REST AT THE END OR THE 3 MINUTES.

## 4 SETS:

OPTION 1:	OPTION 2:	OPTION 3:	OPTION 4: KETTLEBELL
SLIDE STEP	JUMPING JACKS	BURPEE	SINGLE ARM SWINGS
KNEE TUCKS	FAST FEET (LINE DRILL)	MOUNTAIN CLIMBER	HIGH PULL
WALL SIT	HIGH KNEES (STEP UP IF AVAILABLE)	JUMP LUNGE	SNATCH LUNGE

## STRENGTH DRILLS:

### OPTION 1 (WITH DUMBBELLS)

1. PUSHUP ROW – 15 REPS (SET 1), 10 REPS (SET 2), 5 REPS (SET 3)
2. DIPS – 15 REPS (SET 1), 10 REPS (SET 2), 5 REPS (SET 3)
3. CURL/PRESS/TRICEP - 15 REPS (SET 1), 10 REPS (SET 2), 5 REPS (SET 3)
4. 1 MINUTE PLANK IN BETWEEN EACH SET

### OPTION 2: (WITH ANY TYPE OF WEIGHT) – 1 MINUTE EACH EXERCISE, 4 SETS

1. RING/STAND/LUNGE/PRESS (ON A STEP OR CHAIR)
2. WALKING LUNGE WITH PRESS
3. PUSHUP ROW/SQUAT JUMP

### OPTION 3: NO WEIGHTS, 4 SETS EACH

1. PLANK TO PUSHUP – 20 REPS
2. PUSHUP/SHOULDER TAP/ CRAWL 20 REPS – EACH PUSHUP IS A REP
3. STATIONARY SQUATS – 50 REPS

### OPTION 4: THERABAND ROUTINE, 4 SETS

1. SHOULDER SIDE AND FRONT RAISES – 20 REPS (STANDING ON THE BAND)
2. CURLS – 20 REPS (WRAP THE BAND AROUND A TABLE LEG, KEEP IT LOW)
3. OVERHEAD TRICEP PUSH – 20 REPS (STANDING ON BAND, EXTEND OVER HEAD AND CURL BACK DOWN TO BACK OF NECK)
4. SEATED SINGLE ARM ROW – 20 REPS (WRAP AROUND THE LEG OF A TABLE, SEATED ON THE GROUND WITH BOTH HANDLES IN ONE HAND, EXTEND TOWARDS THE TABLE AND THEN PULL THE BAND TOWARDS YOUR HIP)

## BOXING

**FORM AND TECHNIQUE** – MULTIPLE COMBINATIONS IN FRONT OF A MIRROR, 3 ROUNDS

**SHADOWBOX** – SIMULATE A FREESTYLE HEAVYBAG WORKOUT – 3 ROUNDS

**CONE DRILL** – (USE ANY OBJECT AS A CONE) PLACE CONE ON FLOOR AND CIRCLE AROUND IT WHILE THROWING PUNCH COMBINATIONS. AFTER TWO COMPLETE CIRCLES EACH WAY, BOUNCE IN PLACE FOR 30 SECONDS (SHIFTING WEIGHT BACK AND FORTH ON YOUR TOES), PUNCHOUT FOR 30 SECONDS. REPEAT ALL OF THESE FOR 4 SETS

**SHADOWBOX** – SIMULATE HEAVYBAG DRILLS. INCORPORATE SPEED/POWER/BURPEE 2/3/2 IN 30 SECOND INTERVALS. DO 3 ROUNDS

**THERABAND PUNCHES** – WRAP BAND AROUND STAIR POST AND PUNCH AWAY – 3 ROUNDS, ALL PUNCHES