



## BOXING FUNDAMENTALS - WEEK 1 DAY 2

---

### WARMUP - REFER TO THE LINK ON THE WEBSITE

#### STRAIGHT PUNCHES

Adopt the proper boxing stance, execute jab with full arm extension at chin level (slow speed)

First practice JABS to the head & body in place (static) - 10 reps

JAB to the head during movement (punch simultaneous with movement) - 10 reps

- Forward (1 step) - 6 reps
- Backwards (1 step) - 6 reps
- Left (1 step) - 6 reps
- Right (1 step) - 6 reps
- All directions - 6 reps

Adopt the proper boxing stance, execute jab with full arm extension at stomach level, bend knees more (slow speed)

Practice JAB to the body (static) - 10 reps

JAB to the body during movement (punch simultaneous with movement)

- Forward (1 step) - 6 reps
- Backwards (1 step) - 6 reps
- Left (1 step) - 6 reps
- Right (1 step) - 6 reps
- All directions - 6 reps



## **BOXING FUNDAMENTALS - WEEK 1 DAY 2**

---

Adopt the proper boxing stance, execute the cross with full arm extension at chin level (slow speed)

Practice CROSS to the head & body (static) - 10 reps

CROSS to the head during movement (punch simultaneous with movement)

- Forward (1 step) - 6 reps
- Backwards (1 step) - 6 reps
- Left (1 step) - 6 reps
- Right (1 step) - 6 reps
- All directions - 6 reps

Adopt the proper boxing stance, execute CROSS with full arm extension at stomach level (slow speed)

Practice CROSS to the body (static) - 10 reps

CROSS to the body in movement (punch simultaneous with movement)

- Forward (1 step) - 6 reps
- Backwards (1 step) - 6 reps
- Left (1 step) - 6 reps
- Right (1 step) - 6 reps
- All directions - 6 reps

### **DRILL**

As shown in the video - 6 reps each drill