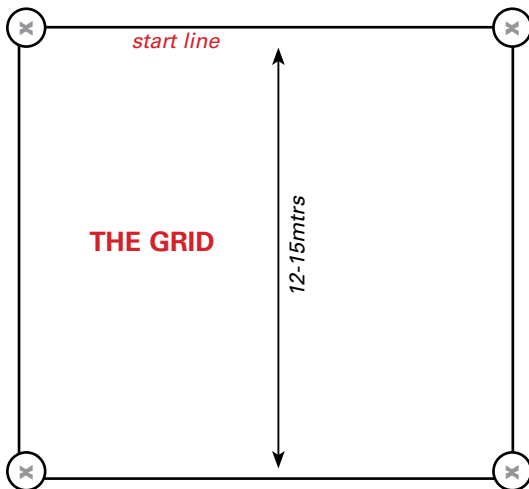


### 5min warm-up

30sec each drill (work within the grid)

1. Jog
2. Arm circles (L & R)
3. Jog
4. Side Skip (L & R)
5. Jog on spot
6. Jog FWD/BCK pedal
7. Straight punches/2 x push-ups
8. Butt Kicks
9. Uppercuts/ 10 x sit-ups
10. Jog - 10 x straight punches/ 10 x upper-cuts



### Session Sizzler

20sec on 10sec off

One the start line run back and forwards for 20 seconds as many times as possible and walk for 10 sec. Repeat for 4-6 sets (4 sets = 2min)

### 2min Combo's

**1. Continuous Punches**  
on call do knee hits

**2. 10 x straight Punches**  
1 x push-up run  
20 x straight Punches  
2 x push-up run  
30 x straight Punches  
3 x push-up run etc.

Repeat to 50 straight punches and 5 push-ups

**3. 10 x punches**  
10 x hooks  
10 x upper cuts  
4 x push-ups  
run

**4. 10 x left punches**  
10 x right punches  
20 x straight punches  
10 x squat jumps  
run

**5. 10 x hooks**  
20 x upper-cuts  
30 x straight punches  
40 x spot sprints  
run

**Name of circuit:** Have a go for a TKO

**Number of stations:** 5

The number of stations can be more or less to suit the individual or group.

**Number of circuits:** 1-2

Working with a partner complete 2mins each of each combination for a total of 4min on each combination. Start on the start line complete combo 1, then run to the opposite side of the grid with partner and complete the same combination again for 2min. Swop with partner and repeat the sequence (2x2min combo 1)

**Equipment required:** 1 x sets of gloves & focus mits per pair,

**6 x markers** (this is allowing for two people per station).

**Warm-up:** 5-10 min duration

Ensure participants mobilise and stretch all major muscle groups that will be used in this circuit.

**Cool-down:** 5-10 min duration

Ensure participants adequately stretch all major muscle groups that have been used in this circuit.



### Think about

- Fitness and strength of individual or group.
- Partner up with similar strength/size and boxing experience



### Look out for

- Technique - Never sacrifice technique for speed



### Handy tips

- Start slowly and maintain good form
- Be aware of past/current injuries or conditions that may affect the ability to perform an exercise.