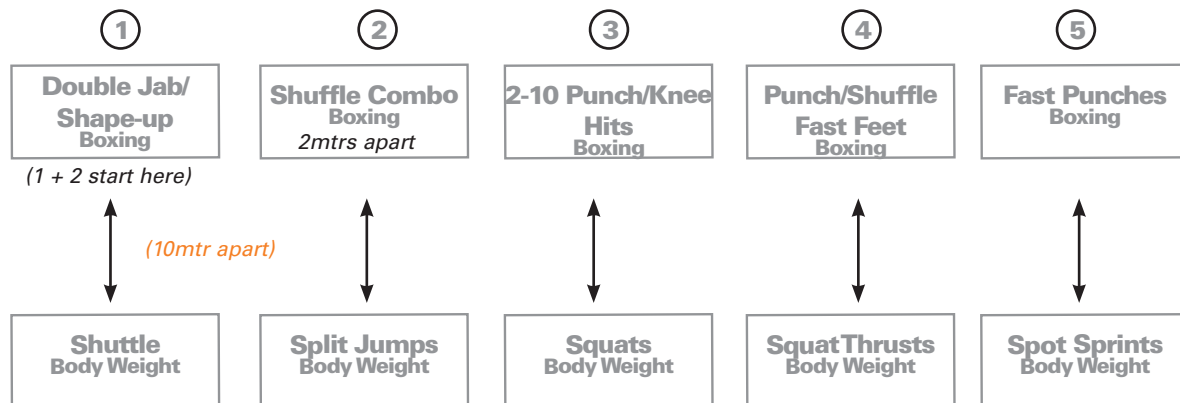


General Population Circuits!

August 09



Name of circuit: Boxing/below the belt II

Number of stations: 10

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 1min of boxing combination.

Partner 1 completes 1min of boxing combo, then partner 2 repeats combo.

Both 1 and 2 move onto 1min of lower body exercise.

After 1min both move onto next boxing combo.

Repeat sequence until all stations have completed

Total time is 4min per station, allowing for 30sec change over.

Equipment required: 5 x sets of boxing gloves and mitts,
(this is allowing for one person per station).

Warm-up: 5-10 min duration

(light jogging, skipping, running on the spot). Ensure participants mobilise and stretch all major muscle groups that will be used in the circuit.

Cool-down: 5-10 min duration

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



Think about

- Size of the room. The layout can be changed to suit the environment.
- Penalty exercise if change over isn't completed before the 30sec
- Drink break after 5 stations



Look out for

- Technique – never sacrifice technique for speed
- Poor posture and execution of exercise



Handy tips

- Encourage participants to bring their own hand wraps and glove inserts