

BOXER PRIME

Day 1 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

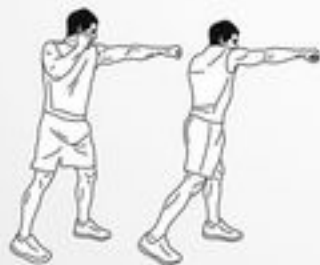
extra credit no rest



1 minute jump rope
alternatively hop on the spot



1 minute push-ups + jab + cross



1 minute jab + cross
as fast as you can,
keep arms up



1 minute push-ups
switch to knees push-ups
if necessary



speed bag
can be used

1 minute speed bag punches
go as fast as you can,
keep arms up

BOXER PRIME

Day 2 | Endurance

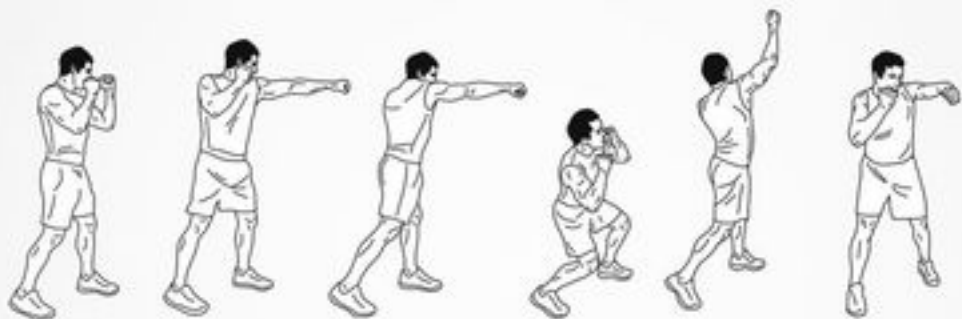
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



5 minutes shadowboxing

set a timer and shadowbox freestyle:

jab + cross, jab + jab + cross, jab + hook, jab + uppercut



40 squats

20sec squat hold

40 basic burpees

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Day 3 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest



20 sit-ups



20 knee-ins + twist



10 butt-ups



20 sit-ups



20 flutter kicks



10 scissors



20 sit-ups



20 sitting twists



10 leg raises

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Day 4 | Power

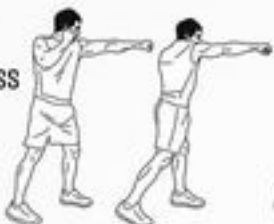
no sets
complete all drills
30 seconds rest
between drills



can be done on a punching bag

DRILL 1

4 push-ups
jab + cross + jab + cross
10 sets



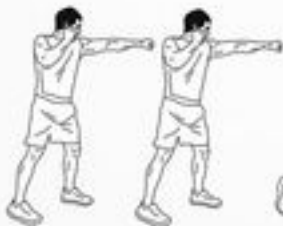
DRILL 2

4 push-ups
jab + hook
10 sets



DRILL 3

10 push-ups
40 jabs (same arm)
3 sets



DRILL 4

10 push-ups
40 hooks (same arm)
3 sets



switch arms and do the drill again

switch arms and do the drill again

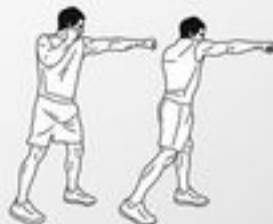
DRILL 5

10 push-ups
10 squat + hook (same arm)
3 sets



DRILL 6

30 push-ups
1min jab + cross
2 sets



switch arms and do the drill again

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Day 5 | Agility

no sets

complete one
after the other



warmup
10 minutes jump rope
or 20 minutes steady run
pick either



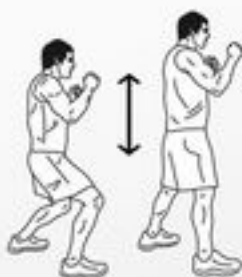
1 minute knee to elbow twists
from lunge stance
30 seconds per side, switch sides after 1 minute



1 minute forward & backward bends
lean back and then lean forward as far as you can



1 minute side-to-side tilts
lean from side to side, as if you were dodging punches in slow motion



1 minute knee bends
bouncing action
but with feet firmly planted on the floor

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Day 6 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest

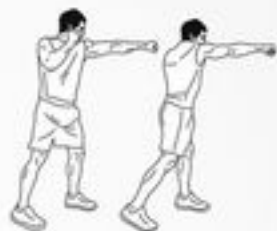
* alternatively hop on the spot



30sec jump rope *



30sec push-ups



1min jab + cross



30sec jump rope *



30sec push-ups



1min hooks



30sec jump rope *



30sec push-ups



1min uppercuts

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Day 7 | Endurance

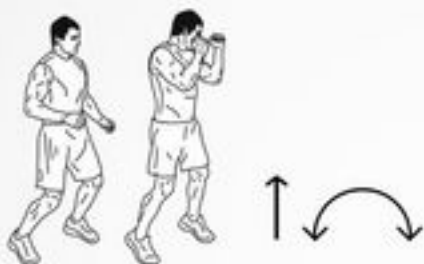
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



1 minute

bouncing on the spot

20sec both feet

20sec from foot to foot, left leg forward

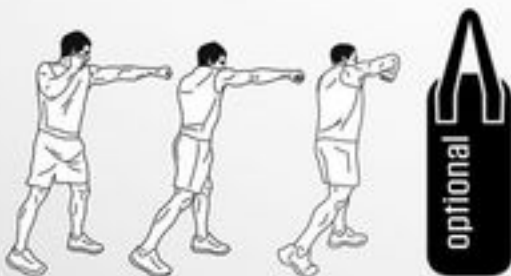
20sec from foot to foot, right leg forward



2 minutes

bounce, bounce + squat + jab

keep arm guard at all times,
switch sides at 1 minute



2 minutes

shadowboxing

jab + jab,

jab + cross,

jab + cross + hook,

jab + jab + hook

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Day 8 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



30sec elbow plank



30sec raised leg elbow plank



10 back extensions



10 plank walk-outs



30sec elbow plank



30sec side elbow plank

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Day 9 | Power

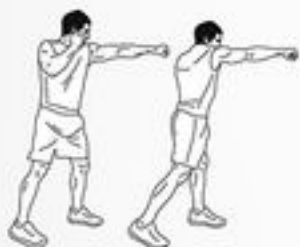
no sets
complete all drills
60 seconds rest
between drills



can be done on a punching bag



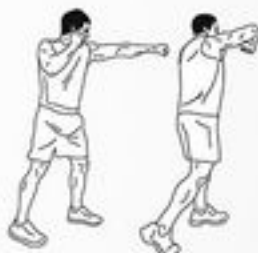
20 power push-ups before each drill
extra credit: clapping push-ups



DRILL 1
2 minutes jab + cross



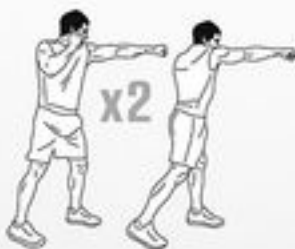
DRILL 2
2 minutes hooks



DRILL 3
2 minutes jab + hook



DRILL 4
2 minutes squat + hook



DRILL 5
2 minutes jab + jab + cross



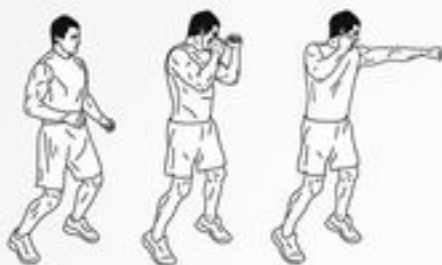
DRILL 6
2 minutes squat + jab

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Day 10 | Stretching

no sets

complete one
after the other



warmup

5 minutes
bounce on the spot
throwing light jabs



40sec quad stretch
20 sec hold each leg



40sec shoulder stretch
move your arms as far away
as possible & keep on moving
until you reach your limit.



40sec arm stretch
lean away continuously
for 40 seconds



40sec back stretch
lean back continuously
for 40 seconds



40sec hamstring stretch
lean forward continuously
for 40 seconds



40sec knee rolls
roll your knees side to side
for 40 seconds

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Day 11 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest

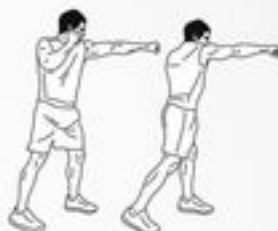
* alternatively hop on the spot



30sec jump rope *



30sec push-up + jab + cross



1min jab + cross



30sec jump rope *



30sec push-up + hook



1min hooks



30sec jump rope *



30sec push-ups



2 min speed bag punches

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Day 12 | Endurance

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



1 minute high knees



1 minute elbow plank



1 minute squats



1 minute high knees



1 minute elbow plank



1 minute jab + cross

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Day 13 | Agility

Level I 3 sets

Level II 5 sets

Level III 7 sets

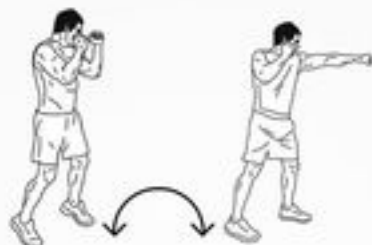
2 minutes rest between sets

extra credit no rest



40 bob and weave

Tie a rope waist height - or imagine one; and duck under it side-to-side



40 hop to the side + jab

Hop to the side, jab and hop back. Go as fast as you can.



40 side high knees

Do high knees while moving to the side. Use the space available.



40 half jacks

hop with feet together, hop with feet apart - non-stop



40 side-to-side hops

Hop from side to side moving slightly forward and then backwards.



40 leg switch & punch

bounce on the spot and alternate forward foot while punching.

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Day 14 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



20 flutter kicks



10 V-ups



20 raised leg circles



20 long arm crunches



10 V-ups



20 knee-to-elbows



20 leg raises



10 V-ups



20-count hollow hold

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Day 15 | Power

no sets
complete all drills
30 seconds rest
between drills



can be done on a punching bag

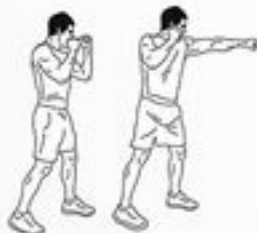
DRILL 1

4 judo push-ups
jab + jab + hook
10 sets



DRILL 2

4 push-ups
10 jabs (same arm)
5 sets



DRILL 3

10 push-ups
10 hooks
5 sets

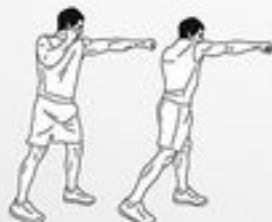


switch arms and do the drill again

switch arms and do the drill again

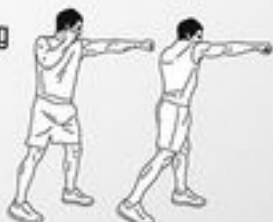
DRILL 4

4 push-ups
2 jab + cross
10 sets



DRILL 5

30 push-ups
90sec shadowboxing
freestyle
2 sets



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Day 16 | Balance

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest



10 minutes

jump rope or hop on the spot
warmup



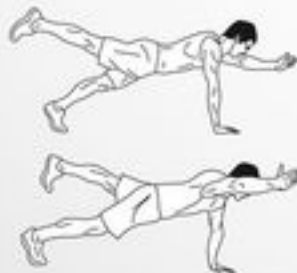
40 single leg half squats + 20sec hold

20 one foot first followed up by a 20 second hold



40 side leg swings

foot not touching the floor,
keep your balance



40 alt arm leg plank + 40sec hold

hold the plank on one side for 20 seconds and then
hold it on the other side for another 20 seconds



40 knee to elbows

foot not touching the floor,
keep your balance

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Day 17 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



30sec jump rope

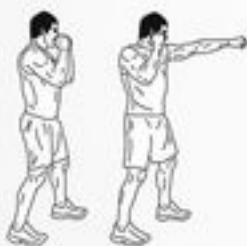


30sec push-ups

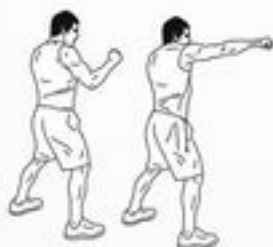


speed bag
can be used

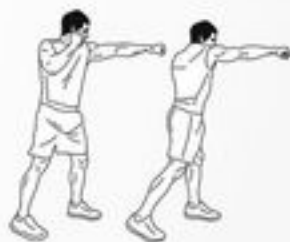
1 min speed bag punches



30sec jabs (left arm)



30sec jabs (right arm)



1 min jab + cross



30sec hooks (left arm)



30sec hooks (right arm)



1 min hooks

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Day 18 | Endurance

no sets

can be done on
a punching bag



10 squats

1 minute jab + cross

20 squats

2 minutes jab + cross

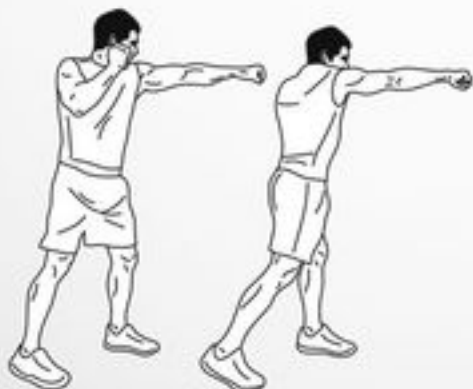
30 squats

3 minutes jab + cross

40 squats

4 minutes jab + cross

workout complete



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Day 19 | Abs

Level I 3 sets

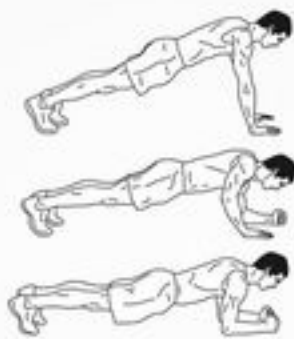
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



30sec elbow plank



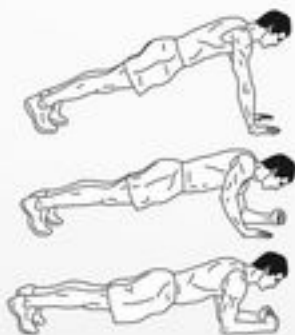
30 up and down planks



30sec elbow plank



30sec back extension hold



30 up and down planks



1min side elbow plank

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Day 20 | Power

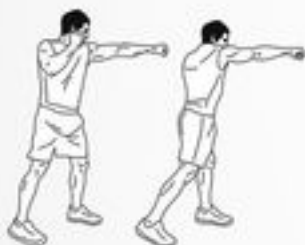
no sets
complete all drills
60 seconds rest
between drills

can be done
on a punching bag



30 push-ups before each drill

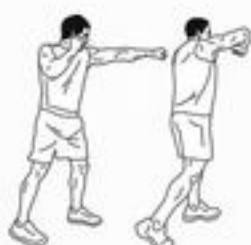
split into smaller sets or switch to knee push-ups



DRILL 1

2 minutes

jab + cross



DRILL 2

2 minutes

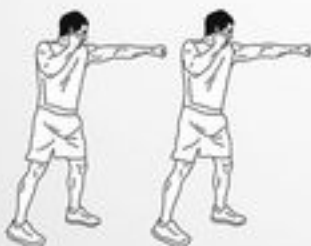
jab + hook



DRILL 3

2 minutes

squat + hook



DRILL 4

2 minutes

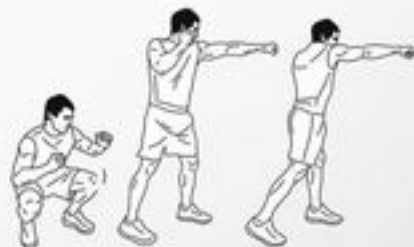
jabs (1 min each arm)



DRILL 5

2 minutes

hooks (1 min each arm)



DRILL 6

2 minutes

squat + jab + cross

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Day 21 | Agility

no sets

complete one
after the other



warmup
10 minutes jump rope
or 20 minutes steady run
pick either



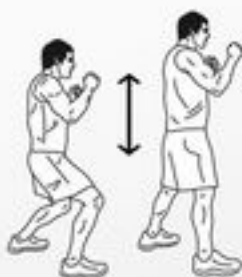
2 minutes knee to elbow twists
from lunge stance
1 minute per side, switch sides after 1 minute



2 minutes forward & backward bends
lean back and then lean forward as far as you can



2 minutes side-to-side tilts
lean from side to side, as if you were dodging punches in slow motion



2 minutes knee bends
bouncing action
but with feet firmly planted on the floor

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Day 22 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



30sec push-ups



30sec push-up + jab + cross



1min jab + cross



30sec push-ups



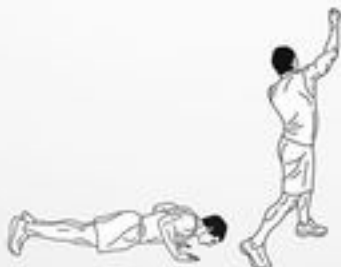
30sec push-up + hook



1min hooks



30sec push-ups



30sec push-up + uppercut



1min uppercuts

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Day 23 | Technique

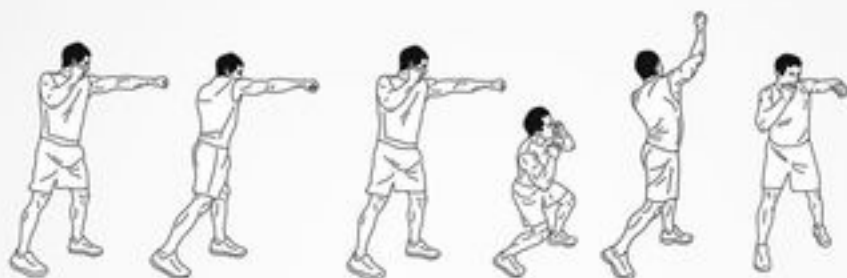
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

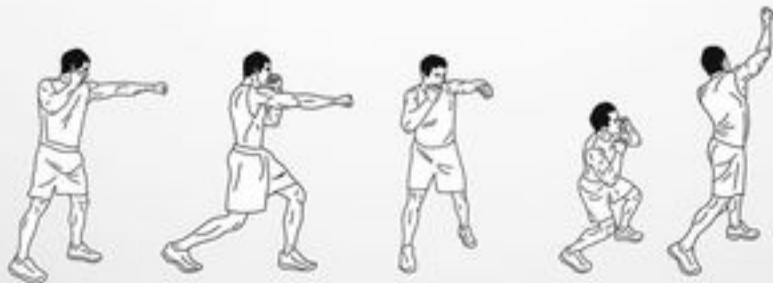
EC switch side each rep



40 combos: jab + cross + jab + uppercut + hook



40 combos: jab + jab + squat to the side + jab + cross + hook



40 combos: jab + lunge cross + hook + uppercut

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Day 24 | Power

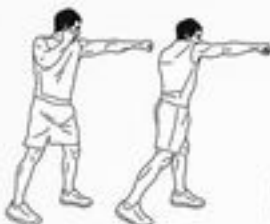
no sets
complete all drills
30 seconds rest
between drills

can be done
on a punching bag



DRILL 1

5 push-ups
jab + cross
10 sets



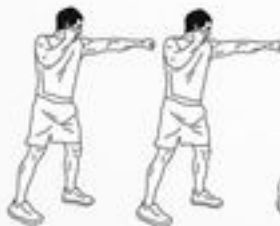
DRILL 2

5 push-ups
hook + hook
10 sets



DRILL 3

10 push-ups
40 jabs (same arm)
3 sets



DRILL 4

10 push-ups
20 squat + hook
3 sets



switch arms and do the drill again

switch sides and do the drill again

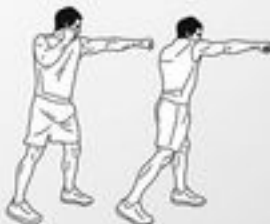
DRILL 5

5 push-ups
20 jab + jab + hook
5 sets



DRILL 6

30 push-ups
2min jab + cross
2 sets



switch arms and do the drill again

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Day 25 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets



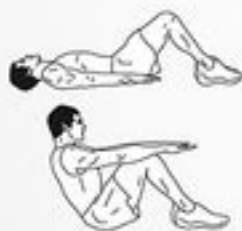
30 sit-ups



30 leg raises



30 scissors



30 sit-ups



30 flutter kicks



30 sitting twists



30 sit-ups



30 V-ups



30 knee-to-elbows

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Day 26 | Endurance

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest



2 minute high knees



2 minute elbow plank



2 minute squats
tip: bounce & squat



2 minute high knees



2 minute elbow plank



2 minute jab + cross

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Day 27 | Speed

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest

* alternatively hop on the spot



30sec jump rope *



30sec push-up + jab + cross



30sec jab + cross



30sec jump rope *



30sec push-up + 4 jabs



30sec push-up + 4 jabs



30sec jump rope *



30sec push-ups



speed bag
can be used

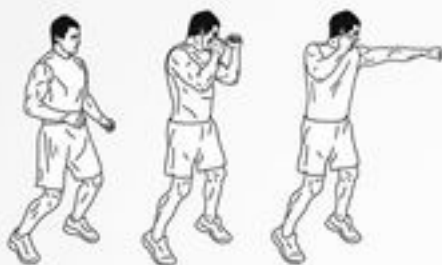
2 min speed bag punches

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Day 28 | Stretching

no sets

complete one
after the other



warmup

5 minutes

bounce on the spot
throwing light jabs



1min quad stretch
30 sec hold each leg



1min shoulder stretch
move your arms as far away
as possible & keep on moving
until you reach your limit.



1min arm stretch
lean away continuously
for 1 minute



1min back stretch
lean back continuously
for 1 minute



1min hamstring stretch
lean forward continuously
for 1 minute



1min knee rolls
roll your knees side to side
for 1 minute

BOXER PRIME

Day 29 | Power

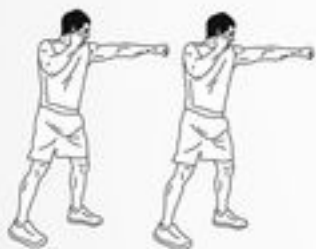
no sets
complete all drills
60 seconds rest
between drills

can be done
on a punching bag



40 push-ups before each drill

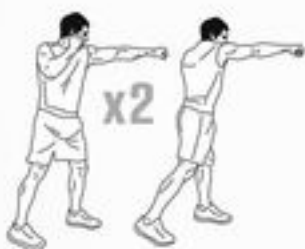
split into smaller sets or switch to knee push-ups



DRILL 1

2 minutes

jabs (1 min each arm)



DRILL 2

2 minutes

jab + jab + cross



DRILL 3

2 minutes

double squat + jab + jab



DRILL 4

2 minutes

hooks (1 min each arm)



DRILL 5

2 minutes

jab + jab + hook



DRILL 6

2 minutes

squat + squat + hook + hook

BOXER PRIME

Day 30 | Technique

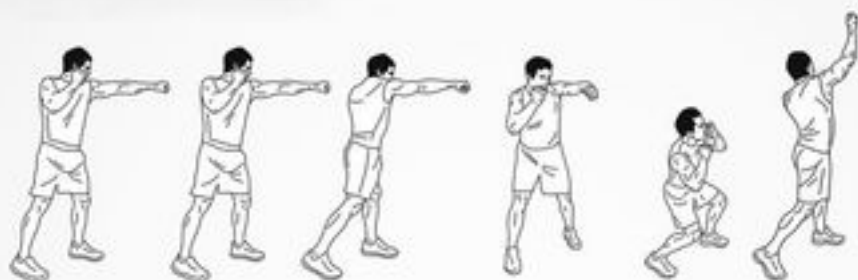
Level I 3 sets

Level II 5 sets

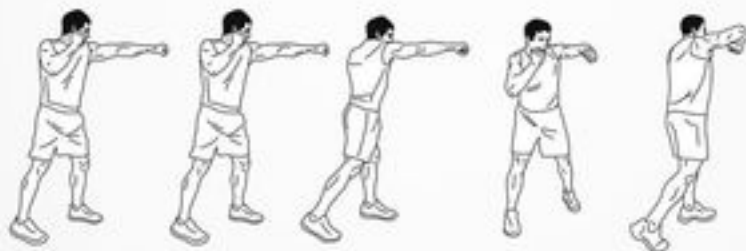
Level III 7 sets

2 minutes rest between sets

EC switch side each rep



50 combos: jab + jab + cross + hook + uppercut



50 combos: jab + jab + cross + hook + hook



50 combos: jab + squat + cross + squat + hook + hook