



Daily Boxing Training Program

NAME	LOCATION	DATE	EQUIPMENT
USA Boxing High-Performance Coach Education	Home	Monday – Day 1/7	- 6ft of space - Stopwatch -Interval clock/app

OBJECTIVES:	<ul style="list-style-type: none"> • Focus on technique • Aerobic Conditioning
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EXERCISES	DURATION	Comments and Mobile Coach App PATHWAY
Warm-Up		
DYNAMIC WARM-UP	10m	USAB Mobile App > Drills & Lessons > School of Boxing > GR Full Dynamic Warm-up
NEUTRAL STANCE	3m:30s	USAB Mobile App > Drills & Lessons > School of Boxing > GR Static Position & Straight Punches
BOXING STANCE	3m:30s	USAB Mobile App > Drills & Lessons > School of Boxing > GR Neutral Stance to Boxing Stance
3-PUNCH COMBINATIONS	3m:60s	USAB Mobile App > Drills & Lessons > Mechanics of Movement > 3 Punch Combinations
Main		
PYRAMID SHADOW BOX	11m	1x 1m each cycle through: 1m footwork/head movement, 1m +jab, 1m +straight rear hand, 1m +hooks, 1m +uppercuts, 1m +feints, 1m -feints, 1m -uppercuts, 1m -hooks, 1m -straight rear hand (only footwork/head movement/jabs). Rest: 1m
30s INTERVALS	15m	4x (30s work:30s pause), rest 60s; repeat 3x Work = non-stop straight punches, Pause = shadow box defenses Medium to high pace
CARDIO BOXING CIRCUIT Apple Pickers Shoeshine Mountain Climbers	12m	4x (1m:1m:1m), then rest 60s Continuous for 12m, cycling through: Jogging in place w/ straight punches (apple pickers) Fast feet in place w/ uppercuts (shoeshine) On your palms, arms extended, in a plank position, alternate knees to your chest (mountain climbers)
Cool-Down		
HOLDING STRETCHES	5m	

NOTES:

For instructions to get the USA Boxing Mobile App click [HERE](#)

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