



# Daily Boxing Training Program

NAME	LOCATION	DATE	EQUIPMENT
USA Boxing High-Performance Coach Education	Home	Wednesday – Day 3/7	- 6ft of space - Stopwatch -Interval clock/app

<b>OBJECTIVES:</b>	<ul style="list-style-type: none"> <li>• Focus on technique</li> <li>• Anaerobic Conditioning</li> </ul>
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EXERCISES	DURATION	Comments and <a href="#">Mobile Coach App</a> PATHWAY
<b>Warm-Up</b>		
DYNAMIC WARM-UP	10m	USAB Mobile App > Drills & Lessons > School of Boxing > <b>GR Full Dynamic Warm-up</b>
NEUTRAL STANCE	3m:30s	USAB Mobile App > Drills & Lessons > School of Boxing > <b>GR Static Position &amp; Straight Punches</b>
BOXING STANCE	3m:30s	USAB Mobile App > Drills & Lessons > School of Boxing > <b>GR Neutral Stance to Boxing Stance</b>
3-PUNCH COMBINATIONS	3m:60s	USAB Mobile App > Drills & Lessons > Mechanics of Movement > <b>3 Punch Combinations</b>
<b>Main</b>		
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
<b>10s INTERVALS</b>	<b>12m</b>	<b>6x (10s:10s:10s), rest 60s; repeat 3x</b> <b>10s: straight punches - fast</b> <b>10s: jumping jacks - medium</b> <b>10s: stationary head movement</b>
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)
<b>Cool-Down</b>		
HOLDING STRETCHES	5m	

NOTES:

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