USA BOXING DAILY WORKOUT

WARM-UP

JOG IN PLACE:60 **JUMPING JACKS X 20 HIGH KNEES X20**

WORKOUT

PUSHUPS X15 MOUNTAIN CLIMBERS X20 EA ALTERNATING LUNGES X 10 EA JUMP ROPE: 60 SECONDS BODY WEIGHTS SQUATS X20 TOE TOUCHES X50 3 ROUNDS-:60 SECOND REST

MONDAY

2 ROUNDS

TUESDAY

JOG IN PLACE:60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS

PUSHUP HOLD AT TOP X:30 PUSHUP HOLD AT BOTTOM X:30 WALL SIT X:30 **SPLIT LUNGE HOLD LEFT X:30** SPLIT LUNGE HOLD RIGHT X:30 **SUPERMAN HOLD X:30** PLANK X:30 SIDE PLANK LEFT X:30 **SIDE PLANK RIGHT X:30** 3 ROUNDS-:60 SECOND REST

WEDNESDAY

JOG IN PLACE:60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS

BODY WEIGHT SOUAT X10 PUSHUP X 10 BODY WEIGHT SQUAT X10 PUSHUP X10 BODY WEIGHT SQUAT X 10 PUSHUP X 10 BODY WEIGHT SOUAT X10 PUSHUP X 10 BODY WEIGHT SQUAT X10 PUSHUP X 10 5 ROUNDS-2 MIN REST

THURSDAY

WARM-UP

JOG IN PLACE:60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS

FRIDAY

JOG IN PLACE:60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS

SATURDAY

NONE

SUNDAY

OFF

WORKOUT

SQUAT JUMPS JUMP ROPE:60 FEET ELEVATED PUSHUP X 10 **SUPERMANS X10 GLUTE BRIDGE X20 EA** STAGGERED PUSHUP X 5 EA **RUSSIAN TWIST X30** 3 ROUNDS-: 60 SECOND REST

BODY WEIGHT SQUAT 6 SECOND LOWER X 10

PUSHUP 6 SECOND LOWER X10 SPLIT SOUAT X 10 EA LATERAL LUNGE X 10 EA JUMP ROPE 2 MINUTES JUMPING JACKS X20 SQUAT JUMPS X10 RUSSIAN TWIST X20 2 ROUNDS-: 60 SECOND REST

WALK OR JOG OR HIKE OR **BIKE 60+ MINUTES**

OFF

