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Punch Programme Card
BASIC BOXING WORKOUT

PUNCH PROGRAMME CARD

BASIC BOXING WORKOUT

1 = Front hand jab, 2 = Back hand jab, 3 = Front hook,
4 = Back hook, 5 = Front uppercut, 6 = Rear uppercut

EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	5 mins Any Shots 50 – 75% power	N/A	N/A
1,2,1,2 Heavy Bag	x 8 step out and in after each 4 shots	x 12 step out and in after each 4 shots	x 6 step out and in after each 4 shots
1,1,2 Heavy Bag	x 8 step out and in after each 3 shots	x 12 step out and in after each 3 shots	x 6 step out and in after each 3 shots
1,2,3 Heavy Bag	x 8 step out and in after each 3 shots	x 12 step out and in after each 3 shots	x 6 step out and in after each 3 shots
To Finish 1,1,4 Heavy Bag	x 8 step out and in after each 3 shots	x 12 step out and in after each 3 shots	x 6 step out and in after each 3 shots

NOTE: If you require any help please ask a Lincs Inspire Instructor

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