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Balance Programme Card

BOXERS AB WORKOUT

BALANCE PROGRAMME CARD

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EXERCISES	Sets/Reps	Progression	Regression
		Sets/Reps	Sets/Reps
Warm Up	30 Secs of Normal Sit ups	N/A	N/A
Partner Assisted Med Ball Catch & Throw	3 x 10 - 15 reps	3 x 15-20 reps	Max Reps 30 Secs
Crunches (feet on floor)	2 x 30-40 reps	2 x 40-50 reps	2 x Max Effort
Crunches (feet on floor) Add a Twist	2 x 30-40 reps	2 x 40-50 reps	2 x Max Effort
To Finish Lying Leg Raise	2 x 20-30 Reps	3 x 20-30 Reps	2 x max Effort

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

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