

TURNER▶

BOXING CIRCUIT **WORKOUT** **SERIES**

PRESENTED BY



BOXING CIRCUIT WORKOUT

Check out this boxing combination workout for beginners. This workout forms part of a 12 week program offered by Boxing Buddies. If you would like a free copy of the 12 week Boxing Buddies Bundle (circuit + combinations+ how to guide) you can contact Boxing Buddies at pmbrocksopp@hotmail.com and mention Turner. Demonstrations of each exercise are on pages 2, 3 & 4.

WHAT YOU WILL NEED

1. Boxing punch gloves x 1 set
2. Boxing focus pads x 1 set
3. Hand wraps x 1 set for each person
4. Skipping rope
5. Smartphone or other device to use as a timer and to play your favourite tunes

STRETCHING

Before each workout, you should complete the warm up at an easy pace and as a form of dynamic stretching. After each workout, you should stretch the following poses for 30 seconds per position shown below. Stretching is an important part of any workout program to maintain flexibility in your muscles.

1. Deltoid stretch - hold for 30 seconds
2. Hamstring stretch - hold each leg for 30 seconds
3. Gluteal stretch - hold each leg for 30 seconds
4. Hip flexor stretch - hold each leg for 30 seconds
5. Lumbar rolls stretch - hold for 10 seconds
6. Childs pose stretch - hold for 30 seconds
7. Quadriceps stretch - hold each leg for 30 seconds

WARM UP - 8 MINUTES

1. Skipping - 2 mins
2. Shadow boxing: Left jab, right cross, left uppercut, right uppercut, left hook, right hook - 3 mins
3. Star jumps - 30 seconds
4. Run on the spot - 30 seconds
5. Skipping - 2 minutes

COMBINATIONS - 12 MINUTES EACH

1. Jab and cross - 3 minutes
Left jab, right cross
2. Jab and uppercuts - 3 minutes
Left jab, right uppercut left uppercut
3. Jab and hooks - 3 minutes
Left jab, right hook, left hook
4. Put it together - 3 minutes
Left jab, right cross, left uppercut, right uppercut, left hook, right hook

Add 20 seconds between each exercise in each workout to swap partners who hold the gloves and focus pads.

ABS - 5 MINUTES

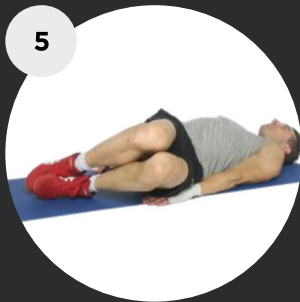
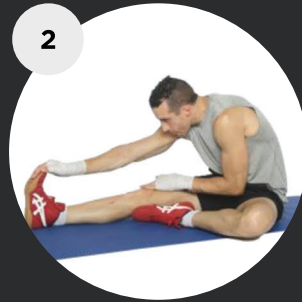
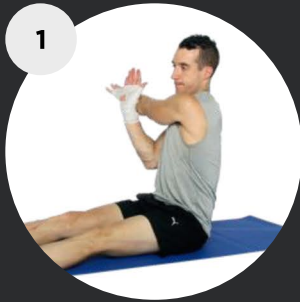
1. Crunches x 10 Crunches x 10
2. V-ups x 10
3. Up downs x 10 (5 each arm)
4. Leg raises x 10 Leg raises x 10

PRESENTED BY



BOXING CIRCUIT WORKOUT

STRETCHING DEMONSTRATIONS



PRESENTED BY



BOXING CIRCUIT SESSION

BOXING DEMONSTRATIONS



Stand in your stance and extend your left arm while exhaling. Move only your left arm and your right arm will not move. Keep your left arm relaxed through the movement but move it fast.

While you extend your arm, rotate your arm outwards so the back of your hand is facing upwards with full extension. Keep your fist tight throughout this movement.

As you extend your arm, throw your shoulder up and move your left foot forward at the same time. You will plant your left foot on the ground in front of you as fully extend your arm forward. So your left arm and left foot will move in tandem together throughout this movement. Make sure you aim for your partner's left focus pad and hit it with your first two knuckles.

Right punch is thrown across the body, hence the name "the cross". This will be done with your right hand and you will aim for your partner's pad they are holding in their right hand.



Start in your stance, You will be rotating the whole right side of your body as you punch: your foot will pivot slightly, your knee will rotate, your hips will turn slightly and your shoulder will move forward with the punch. The left side will pull back slightly.

Tip: Move your left shoulder back while your right shoulder moves with the punch.. The key to this punch is rotating the right side of your body.

As you move forward to throw the punch, you will begin to extend your right arm once your right foot is planted on the ground. Your right foot will twist slightly with the punch. As with the jab, rotate your arm so the back of your hand is facing upwards at the full extension., again your fist will remain tight.



The punch is used with either the left or right hand. Your hands will start from the outside of your body and at about your cheek height.

Start in your stance. Right uppercut: use similar body movement as the right cross, but the punch will be coming from the bottom to your partner's pads aligned with their chin. Left uppercut will use similar body movement to the left hook.

Shift your body slightly to the side of the body you're punching with. Keep the torso tensed, move your body slightly to the side you're punching on (putting weight on that side of your body) and rip the punch upwards.

At the end of the punch, the palm of your hand will be facing you. You will twist your torso slightly with the punch.



The punch is used with either the left or right hand. We will describe the right hook (but swap the sides mentioned for the left hook).

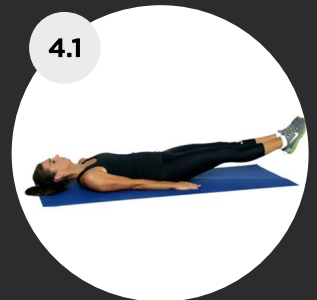
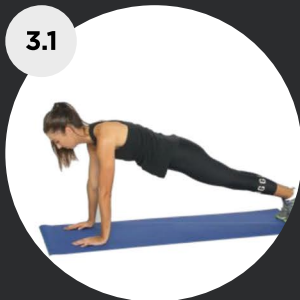
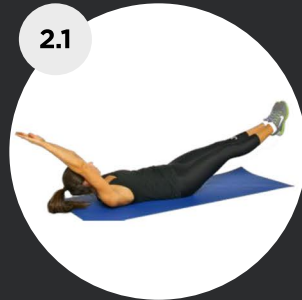
Start in your stance. Your entire body will rotate to the right with your left hand covering your face at all times. Left side of your body will rotate to the right, your left heel will come down on the punch, right knee and right heel will pivot across. Your right elbow will come across your body and ideally be at the chin height of your partner.

PRESENTED BY



BOXING CIRCUIT SESSION

AB EXERCISE DEMONSTRATIONS



PRESENTED BY



ABOUT BOXING BUDDIES

Molly Brocksopp commenced The Boxing Buddies Training Company Pty Ltd with the help of her partner Lachie after they both developed an interest in boxing and its use as an effective and fun form of exercise that can be done with a partner.

Molly has completed boxing coaching accreditation from experienced and expert boxers and fighters.

Her passion for long-term health and well-being is what has driven the creation of The Boxing Buddies Training Company Pty Ltd. Our health is our most important asset, yet everyday she sees people forego regular exercise and a well-balanced diet due to a lack of motivation. She strongly believes that if you've hit a plateau or you're wanting to find a workout that can be variable, time-effective and fun, then the 12 week boxing program can do both of those as well as allow you to reach your health and fitness goals.

The Boxing Buddies Training Program has been developed to help people achieve their health and fitness goals by addressing the common barriers that clients face. One of the common barriers is a lack of time to exercise, which is much more common now than it ever was: we are all working longer hours and more demanding jobs, but this needs to be balanced with exercise! These barriers can often result in people giving up their regular exercise program, which is detrimental to people's physical and mental wellbeing. Boxing Buddies want to offer people a fun, challenging boxing circuit workout that can be done wherever, whenever and with whoever you want.

If you would like a free copy of the 12 week Boxing Buddies Bundle (circuit + combinations+ how to guide) contact Molly at pmbrocksopp@hotmail.com and mention Turner Fitness. You can also reach out on their Instagram page Boxing Buddies where you will find a heap of #fitspo (not just boxing).

PRESENTED BY



DISCLAIMER

The content in this book is owned by The Boxing Buddies Training Company Pty Ltd. The exercise guidelines and programs contained in this guide have been designed by an Accredited Exercise Physiologist, Patricia Molly Brocksopp who holds an Undergraduate Bachelor Degree in Exercise and Sport Science, and a Masters in Clinical Exercise Physiology from Deakin University, Melbourne Australia. The content including the techniques, ideas, suggestions and guidelines and for general purposes only, are not intended as a substitute for medical advice and may not be suited to you. The content is not specifically tailored to suit any injuries, health problems or any other problems that could be aggravated with low, moderate or high intensity physical exercise. If you are an individual with or without these problems you must seek medical clearance of your local registered General Practitioner, Exercise Physiologist, Physician Personal Trainer or other qualified and registered health professional to ensure you are safe to take part in physical activity and perform the exercises contained within this guide. The Boxing Buddies Training Company Pty Ltd nor its directors are doctors qualified to give such medical clearance. Please refer to our checklist below to determine if you require medical clearance. The medical professional should review your health and safety before you consider doing the exercise programs contained within this guide. The materials and content contained in the "Boxing Buddies Circuit Guide" are for general health improvement and well-being recommendations only; and are not intended to be a substitute for professional medical advice, diagnosis or treatment. You acknowledge disclosing any pre-existing medical conditions to a medical professional before seeking medical clearance to complete any of the exercises contained within this guide. Nor should these guidelines replace or interfere with any advice you receive from a qualified medical professional. Although in-depth information and specific exercises are given, users of this specific program should not rely exclusively on information provided in this program for their own health needs as it is branded as a set of "guidelines" aimed at a broad spectrum audience (market specified in introduction). All specific medical questions should be presented to your own physician. Always consult your physician or health care professional before performing any new exercise or exercise technique, particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions.

Please be aware that there are risks with participating in the exercises contained within these guidelines and we take no responsibility for users of this program becoming injured as a result, or for death, stroke, cardiovascular events injuries, musculoskeletal injuries or any other illness or ailment. By participating in these programs you acknowledge the risks of so doing. You should further immediately cease training at any such time as you experience pain or discomfort and at such point you should consult a physician immediately. You acknowledge and agree that the forms of exercise described in these guidelines carry elements of risk even when you do not have any underlying medical conditions and are of a suitable physical maturity. By carrying out any of the guidelines contained within this guide on yourself or with another person, you acknowledge that there are inherent risks such as being struck or having your glove or focus pad hit you, cuts, bruising, tripping, dislocations, concussions and other trauma or injuries that can temporarily or permanently injure you. You further acknowledge by carrying out any of the exercises in these guidelines, that you choose to participate in these risks at your own free will, knowingly and voluntarily exposing yourself to the potential risks associated with these exercise activities. Performing the exercises contained within these guidelines can be dangerous, especially if performed without proper pre-performance evaluation, competent instruction and personal supervision from a qualified and registered health and fitness professional. You should in any case prior to and during the program guidelines offered in this book seek feedback from a registered health professional to ensure you are following the guidelines correctly and adopting proper form. Injuries are possible, even when all the guidelines are followed correctly in this manual.

The Boxing Buddies Training Company Pty Ltd does not assume any responsibility whatsoever for your interpretation or use of the guidelines contained within this guide. You should consult a qualified medical professional before applying any of the information in these guidelines, who will inform you whether it is safe and appropriate for you personally. You expressly acknowledge having made your own enquiries about boxing training and the inherent risks in these guidelines and you do so at your own risk. You further acknowledge making all reasonable attempts to protect yourself against these risks by not endangering yourself and including seeking instruction from a Registered Fitness Professional registered with Fitness Australia. You acknowledge and agree that if you harm yourself as a result of applying information from these guidelines, or harm someone else by passing on that information, you cannot hold The Boxing Buddies Training Company Pty Ltd or its directors or its affiliates responsible. You acknowledge applying this information completely at your own risk. The exercise programs have however been designed for healthy individuals aged between 18 and 40 years old, and to help individuals within the specified market progress towards their health and fitness goals.

The "Boxing Buddies Circuit Program" is not written to promote poor body image nor extreme training regimes. As the referenced information provides, the entirety of the training recommendations as well as the educational resources provided are clinically proven and referenced, The Boxing Buddies Training Company Pty Ltd, makes no warranties or representations, express or implied, as to the accuracy or completeness, timeliness, merchantability, fitness for purpose or usefulness of any opinions, advice, services or other information contained, or referenced to, in this document. You acknowledge and agree that The Boxing Buddies Training Company Pty Ltd does not guarantee or provide a warranty that the information contained within these guidelines are correct and up-to-date. The Boxing Buddies Training Company Pty Ltd does not warrant that the content contains the most recent information. This resource is not individually tailored. It is a guideline, which has emerged via a combination of personal experience, peer professional opinion, government health guidelines, and where possible, scientific literature. The information and other material available from this book comes from a number of sources including the personal experiences of the authors, third parties who have given permission for use of their material, and material copied under statutory licenses. Accordingly the information and material in this book is copyright, 2016 and under the operation of the Copyright Act 1968 (Cth) or any Act of Parliament which replaces, repeals or amends that legislation.

All intellectual property rights including any information, content, materials, data or processes contained within this guide is the property of The Boxing Buddies Training Company Pty Ltd. Therefore no part of this book may in any form or by any electronic, mechanical, photocopying, recording, or any other means be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without the prior permission of the publisher, The Boxing Buddies Training Company Pty Ltd. All use of products, marks or brands are incidental and The Boxing Buddies Training Company Pty Ltd has no promotional association with any of the individuals, companies, trusts or other entities contained within this guide. Any such use is unintended.

The guidelines contained within this ebook has been prepared by The Boxing Buddies Training Company Pty Ltd solely for the purchaser of this guide, and is intended as a guide only. To the extent that any of the above paragraphs may be construed as being in contravention of any law of the State of Victoria, Australia or the Commonwealth, such paragraph shall be read down or severed or both, as the case may require, and the remaining paragraphs shall continue to have full force and effect. By purchasing this guide you further submit to the jurisdiction of the State of Victoria, Australia.

This eBook is based upon a combination of research and personal experiences from our clients as well as some of the personal journeys of our author and clients. If you do not agree with any of the information contained within this disclaimer, then you should not apply any of the exercises, workouts or other information contained within these guidelines.

PRESENTED BY

