

Boxing Workout

After a brief warm-up, do each round back to back with a little rest in between.

Warm-Up: Jump Rope

3-4 minutes

Get your blood pumping with this traditional boxer's warm-up. Use a real jump rope if you have one handy, but if not, just imagine you're holding one.

Jab, Cross, Jab, Bob and Weave

Reps: 10 per side

Stand with your right foot forward, arms in "guard" position (elbows bent, hands in fists on either side of your chin). Throw a right jab (quickly punch your right arm forward, rotating your fist down, without locking out your elbow), a left cross (punch your left arm forward, rotating your left hip into the punch and lifting your left heel off the floor), and then repeat a right jab.

Bring arms back to guard, and quickly bob and weave from left to right by lowering into a squat as you circle your body from the back (lower left) to the front (lower right), as if tracing a letter "U" with your upper body). Return to start. That's one rep.

Do 10 reps in a row as quick as you can, and then switch your stance and do 10 reps on the other side.

Boxer Push-up

Reps: 10

- A.** Start in plank position with hands directly below shoulders, core engaged.
- B.** Lower body until chest is just a few inches above the floor.
- C.** Press halfway up, then lower back to hover above from the floor.
- D.** Press all the way back up to full plank. That's one rep.

Do 10 in a row careful not to let your hips or your back arch during the movement. Drop to your knees if it's too much.

Double Jab, Cross, Jab, Cover

Reps: 10 per side

A. Stand with your right foot forward, arms on guard. Throw a double jab with your right arm by quickly doing two jabs in a row. Next, throw a left cross punch, then repeat a single jab on the right.

B. Quickly imagine you're trying to protect your torso from your opponent's punches by twisting your upper body (keeping your hips still) and bringing your right elbow to your belly button. Immediately reverse to the left, and then repeat one more time to the right (count "1, 2, 3" as you do it to keep your tempo up). Return to start. That's one rep.

Repeat 10 times in a row as quick as you can, and then switch your stance and do 10 reps on the other side.

Repeat Boxer Push-up

Reps: 10

Repeat the same movement you did earlier. If your form starts to fall apart, drop to your knees to complete the set.

Repeat Jab, Cross, Hook, Bob and Weave

Reps: 10 per side

Start standing with your right foot forward, arms on guard. Throw a right jab, left cross, and then a right hook by keeping your elbow bent at 90 degrees and pivoting your right heel up as you rotate your right hip forward to power the punch (think of your fist swinging around the side of your opponent's face).

Bring arms back to guard and quickly bob and weave from left to right, lowering into a squat as you circle your body from the back to the front. Return to start. That's one rep.

Repeat 10 times in a row as quickly as you can, and then switch your stance and do 10 reps on the other side.

Boxer Bicycle Crunches

Reps: 20

- A.** Lie face-up with knees bent into chest, arms on guard.
- B.** Lift head, shoulders, and upper back off the ground and then perform a bicycle crunch by twisting left shoulder toward the right knee, left leg extending out straight and parallel to (but not touching) the ground.
- C.** Repeat to the other side. That's one rep. Repeat, keeping belly button pulled in tight to spine and chin in towards chest to avoid neck strain. Keep arms on guard throughout.

Do 20 reps in a row as quickly as you can.

Jab, Cross, Upper, and Cover

Reps: 10 per side

This combo introduces the fourth and final punch: the uppercut.

- A.** Stand with your right foot forward, arms on guard. Throw a right jab, a left cross punch, then a right uppercut (bend elbow into the body, rotate right hip and heel, and imagine punching up and under an opponent's chin).
- B.** Next, quickly repeat the cover move from round two by twisting your upper body and elbows to your left, right, and left (quickly counting "1, 2, 3" as you do it). Return to start. That's one rep.

Repeat 10 times in a row as quickly as you can, and then switch your stance and do 10 reps on the other side.

Cardio Finisher: Jump Rope

3 to 5 minutes

To finish strong, grab your jump rope—real or imaginary—and do up to 5 minutes.