

BOXERCISE

By
claudia Renkwitz

This is a *combination class consisting of aerobic activity and conditioning to achieve a powerful muscular and cardiovascular workout. A high energy class.*

Learn proper techniques of boxing while you get out your frustrations.

Another great fat burning class.

Workout at your own pace.

DESCRIPTION

This is a new idea in Aerobic Fitness. A workout that safely combines boxing punches and moves with an anaerobic punch warm-up, aerobic skip to anaerobic-acrobic circuit training to cool down and stretch. This class is suitable for any fitness level you can work at you own pace.

This exercise program is 90 minutes long done to motivating music at 130 to 160 rmp. Hand wraps, jump ropes, 14-ounce gloves and hand pads will be use. A circuit training program wit various stations will intensify the workout. This includes sit-ups, push ups, lunges, squats and jumping jacks.

This Program is design to increase the cardiorespiratory endurance & muscular strength as well as speed, stamina & flexibility of individuals, as they become more familiar with Boxing techniques.

EQUIPMENT

- ✓ Hand wraps (your own)
- ✓ Rope Jump (your own)
- ✓ Boxing gloves 14 ounces (to be provide by the instructor)
- ✓ Boxing Pads
- ✓ Round Bell (2 minutes per round)
(3 minutes per round) 30 sec./ 1 minute rest period

Boxercise Workout Plan (10 weeks program)

WEEK 1 – 3

1. Boxer's Stances

Center body position. Elbows in to protect ribs, fist always held at cheek level, fist face each other feet parallel (from now on referred to as a Boxer's Stance)

Action: Left leg forward, right leg back; open stance legs not too far apart; shift body weight on balls of the feet in a bouncing motion reverse motion right leg forward left leg back

2. Hand Wraps

Learn the proper way of wrapping your hands (hand wraps are done prior to starting the workout.

Wraps are used to pad the knuckles, give thumb and wrist support for the hand. Show four basic punches: jab, hook, power and upper cut.

3. Warm-up

The boxercise warm-up increases the core body temperature you facilitate blood flow energy sources to the muscle tissue and joint readiness. These movements are anatomically specific for the moves in boxing. Both left and right legs are used in warm-up.

4. Basic Punches

4a) The Left Jab: (Right-handed individual)

The Right Jab: (Left-handed individual)

This punch with its many variations is really the foundation on which to base the boxer's techniques. The main purpose of the jab is to keep the opponent off balance and to expose him to a series of more solid follow-ups punches.

4b) The Straight Right: (Right-handed individual)

The Power Punch (left hand): (Left-handed individual)

This is a power punch, which should be used sparingly. It is essentially a counter punch or follow-up blow when the target has been opened up with the left hand. The technique of this power punch is practiced initially on the pad and shadow boxing (week 4-8)

4c) The Right / Left Hook:

The hook is perhaps the most effective punch in the boxing repertoire if it is delivered correctly. It is a bent arm blow, which is used mainly as a counter punch or as part of a combination of punches.

4d) The Right / Left Uppercut:

This is a medium or short-range punch and is used in the main counter punch to either chin or body. It becomes an important punch in the repertoire of short-range blows used at close quarters.

5. Circuit Training

2 Stations. The individual will be able to combine all four punches (4a, 4b, 4c, 4d,) in various boxing combinations as well as put them in an aerobics routine with 2 circuit training stations. 45 min. This will increase accordingly.

Circuit Training Station#1

- Two punch combination (2 rounds)

Circuit Training Station#2

- Three punch combination (2 rounds)

Different combinations each class

6. Strength Work

Sit-ups

Pushups

Squats

Legwork

7. Cool Down

E.g.: March on the spot, hands clasped behind the back and try and push upward

Hands and arms above the head reach around and clasp push back

8. Stretches

WEEK 4-8

1. Skipping

Skipping can be carried out on the interval training principle and used in short bursts with the rest period geared accordingly. The beginner should be encouraged to persevere with what can be difficult skill to learn. The individual will progress to the more advanced skills of rope crossing and double jumping.

2. Stretch

3. Shadow Boxing

Shadow boxing properly demands thought and concentration at all times. The individual will be able to put boxing combinations in practice by shadow boxing in front one another and check each other boxing techniques.

2x2 min. round. 30 sec. between each round.

4. Punch Pad

On the pads the boxer “groves” his/her skills. 1x1 min. round per individual.

5. Circuit Training

4 Stations with various aerobic routines. 30 min. approx.

Different Station each class

6. Strength Work

7. Cool Down

WEEK 9

1.	Warm up	10 min.
2.	Skipping	5 min.
3.	Shadow Boxing	15 min.
4.	Technical boxing (aerobics routine)	20 min.
5.	Shadow Boxing	10 min. (will be combine with punch pads)
6.	Punch Pads	(1x2 min. round per individual)
7.	Circuit training (6 stations)	10 min.
8.	Strength Work	15 min.
9.	Cool Down	5 min.
		90 min.

WEEK 10

10.	Warm up	10 min.
11.	Skipping	5 min.
12.	Shadow Boxing	10 min.
13.	Punch Pads	(1x2 min. round per individual)
14.	Shadow Boxing	15 min. (will be combine with punch pads)
15.	Punch Pads	(1x2 min. round per individual)
16.	Circuit training (6 stations)	15 min. (Endurance Test)
17.	Strength Work	10 min.
18.	Cool Down	5 min.
19.	Class Discussion	