

## **Group Boxing and Kicking Session in pairs**

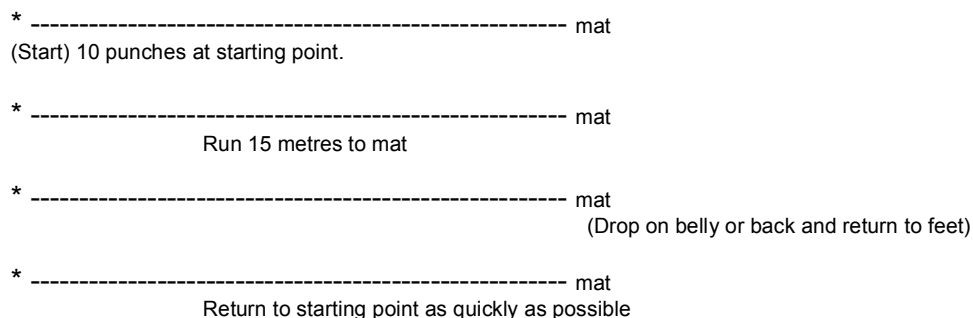
This session is designed for approximately 1 hour and to be of moderate to high intensity. Each person does 30 mins of hard work than swaps with their partner. Please modify as you wish to meet your clients needs.

### **Warm-up- Instructor Choice**

#### **Boxing Circuit (repeat 3 times)**

##### 1. Five Drop Down Shuttles-

A mat is placed 10 to 15m from the start boxing position. The client completes 10 punches (any style upper cuts, crosses, jabs, ducks etc) then runs and drops on their belly on the mat 10 to 15 metres away. The client then gets up as quickly as they can and returns to the start boxing position for 10 punches (any style). This drill is repeated 5 times. To insure this drill maintains it's intensity it is important for the client to run as fast as they can and get on and off the ground as quickly and as safely as they can.



Repeat above 5 times.

##### 2. Step ups and ducking station

The client completes 40 step ups followed by 20 or more reps of a punching and ducking drill. A simple punching and ducking drill could be a left and right hook followed by a squat duck.

##### 3. Sit ups and punch shuttle.

Client runs from the starting point to a mat placed on the ground and completes 10 to 20 sit ups. At the end of each sit up two punches are completed. It may be necessary to secure the clients feet. Client runs back to the starting point then directly back to the mat (a shuttle) and completes 10 to 20 sit ups. Repeat 2 to 3 times. (This exercise is not recommended for a client with back or neck problems or tight hip flexors).

##### 4. Continuous punching drill.

Client completes 2 mins of a continuous punching drill. Could be anything as simple as 2 mins of timed punching or a counted punching drill. A counted punching drill could consist of 2 left jabs followed by a hard right jab (10 reps) then 30 straight punches, 2 left jabs followed by a hard right jab (10 reps) then 40 straight punches, 2 left jabs followed by a hard right jab (10 reps) then 50 straight punches.

5. Push ups and punches- Client completes 10 push ups followed by 10 punches then 15 pushups followed by 15 punches.

**Repeat the above circuit 3 times, should take around 15 mins in total.**

### **Kicking Circuit (Repeat 3 times)**

1. 10 left side kicks, 10 right side kicks followed by 15 Power cleans. (A power clean is when a weight is lifted from the floor up and then up onto the chest)
2. 20 front kicks with 20 walking Lunges. Lunges can be weighted or weight free.
3. 10 left knees, 10 right knees followed by 20 front squats. (With front/hack squats the weight is held at the front of the body, use traditional squats if you prefer)

**Repeat the above circuit three times, should take around 15 mins in total.**

### **Need some extra activities to fully occupy the session?**

Include some group or partner work before your partners swap boxing roles.

Some easy activities could be

Relay races (with optional body resistance or jumping exercises), Partner box sprints (one partner sprints around a 20m X 20m box whilst other rests), hills, biceps and triceps supersets, a tag game.

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