

A man in a black hoodie is shown from the chest up, centered in the frame. The background is dark with a strong red light source from the right, creating a dramatic, high-contrast effect. The man's face is mostly in shadow, with only his eyes and nose visible. The hoodie has a visible drawstring at the top.

A MAN'S GUIDE TO

THROWING A PUNCH

PDF GUIDE

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jujiclub.com



CHAPTER 1

Be Prepared: Why Every Man Should Know How to Fight

Hey there, my fellow warriors! In this instructional, I want to talk about why every man should know how to fight. Since the beginning of time, men have been relied upon by their loved ones for protection, and knowing how to fight is an essential part of that responsibility.

First off, let's talk about the obvious: self-defense. We all hope that we will never find ourselves in a dangerous situation, but unfortunately, it can happen. As men, it is our duty to protect ourselves and those we love. Knowing how to throw a punch or defend yourself can make all the difference when it comes to your safety and the safety of those around you.

Moreover, self defence is not just about physical safety. Learning how to fight can also boost your confidence and self-esteem. When you know that you have the skills to defend yourself and stand up for yourself, you carry yourself differently. You walk with a sense of purpose and confidence that is obvious to others around you. When your loved ones see that confidence in you, they feel safer and more secure.

Let's be real, there is just something primal and satisfying about throwing a good punch. Boxing (and other martial arts) can be a great stress reliever and a positive outlet for any pent-up aggression or frustration; you just need to make sure you're using it for the right reasons, and never outside of a controlled boxing session.

Here's the thing: learning how to fight isn't just about throwing punches. It's about discipline, focus, and mental toughness, and about striving to be the best version of yourself and constantly striving to improve.

Martial arts training can be such a valuable tool. Not only does it teach you self-defense techniques, but it also instills important values like respect, discipline, and humility. The discipline you learn through martial arts can help you become a better person both physically and mentally; and when your loved ones see

that you're not just learning how to fight, but also becoming a better person, they will respect and rely on you even more.

If you're still on the fence about learning how to fight, just remember that it's not just about throwing punches; it's about being prepared for whatever life throws your way, whether that's a dangerous situation or just a difficult day. Martial arts training is about building confidence, discipline, and mental toughness—and most importantly, it's about fulfilling your responsibility as a protector of loved ones.

CHAPTER 2

Get Fit: The Physical Benefits of Learning How to Throw a Punch

Don't get me wrong: I fully support cycling, weight lifting and all other ways people can get fit. Those can be great ways to stay in shape, build strength, and improve your cardiovascular health. But there's one thing that those activities can't do - they can't teach you how to defend yourself. Unless you're planning on cycling away when trouble arises, that is!

Not only is boxing a killer workout that can help you burn calories, build muscle, and improve your stamina, but it also teaches you how to defend yourself in a potentially dangerous situation. When you're throwing a punch, you're using your entire body - your legs, your core, your arms, your shoulders. It's a full-body workout that can help you tone up and get fit in a way that other exercises just can't match.

Striking can also improve your hand-eye coordination, your reaction time, and your balance. When you're throwing a punch, you need to be able to hit your target with precision and accuracy, while also being able to dodge and weave through your opponent's attacks. These are skills that require focus, discipline, and a whole lot of practice.

When you're in the ring or on the street, you need to be mentally tough in order to stay focused and calm under pressure. Martial arts training can help you develop the mental fortitude to face your fears, overcome obstacles, and stay motivated to achieve your goals.

Boxing is a full-body workout that can help you burn calories, build muscle, and improve your overall fitness. Plus, it teaches you how to defend yourself and develop the mental toughness needed to face any challenge that comes your way.



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CHAPTER 3

A Quick Overview to Developing Your Own Routine

Let's get started on your new boxing routine. Here are some tips on how to kick off your boxing journey.

*A typical boxing routine consists of three phases: **warm-up, skill work, and conditioning.***

For the warm-up, you can start with some light cardio exercises such as jump rope, jogging, cycling, or just some simple shadowboxing. This will increase your heart rate and loosen up your muscles. You can also add some dynamic stretching exercises to warm up your joints and improve your flexibility.

Next, it's time for skill work. This is where you'll learn and practice boxing techniques such as footwork, punches, and defense, all topics covered in "A Man's Guide to Throwing a Punch". You can start with some basic drills such as shadowboxing, where you'll simulate a fight with an imaginary opponent—or you may begin by hitting a heavy bag, where you'll practice your punches and combinations.

As you progress, you can add more challenging exercises such as light sparring, where you'll apply your skills in a controlled environment as described in the video instructional. Remember, keep it light and fun until you develop your skills and feel comfortable in a more intense sparring session. Always wear full protective gear: a mouthguard, jockstrap, headgear, hand wraps and 16 oz sparring gloves; and always be sure that intense sparring sessions are supervised by a professional coach in a boxing or mixed martial arts gym.

Finally, it's time for conditioning. This is where you'll focus on improving your endurance, strength, and power. You can use a variety of exercises such as kettlebell swings, burpees, push-ups, and squats to work on your full-body fitness. Further details

and examples of exactly how to improve your conditioning are covered in later chapters of this book.

There you have it, champ! Outlined in this book is a simple and fun way to start your boxing routine. Just remember to stay hydrated, listen to your body, and have fun.

Perhaps the most important thing to remember is to have fun and enjoy the process. Don't worry too much about perfection, as it takes time and consistent practice to master boxing techniques. Focus on progress, not perfection, and celebrate every small win along the way.



CHAPTER 4

What if I Don't Have a Punching Bag?

If you're stuck in an apartment without a punching bag, don't worry; I've got the perfect solution for you. You can still practice your boxing skills with some shadowboxing, just like I demonstrated in the "A Man's Guide to Throwing a Punch" instructional.

However, let's not forget about the importance of cardio and strength training to your training practice. All you need is one simple piece of equipment that's affordable, takes up minimal space, and will get you into the best shape of your life - a kettlebell!

With a kettlebell, you can do a variety of exercises like kettlebell swings, goblet squats, and Turkish get-ups to work your entire body. When you combine these exercises with shadowboxing, you'll have a killer workout that will improve your boxing skills, cardiovascular endurance, and strength.

Additionally, you can also incorporate bodyweight exercises like push-ups, squats, and lunges into your strength routine. These exercises will help you build functional strength and improve your overall fitness.

Therefore, even if you don't have a punching bag, you can still get an amazing workout through a combination of shadow boxing, kettlebell training, and bodyweight exercises. Who knows, with consistent practice, you might even become the next boxing champion!

DIVERSIFY YOUR TRAINING

The "Strong & Stable Kettlebell 4 Life" instructional from www.jujiclub.com will teach you all you need to know about proper technique. Kettlebells are serious business, so you want to make sure you're using them correctly to avoid injury.

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CHAPTER 5

Keep it Super Simple

Always remember to Keep It Super Simple (K.I.S.S) when it comes to your boxing routine. To keep things straightforward and effective, your routine should consist of three major phases.

Phase 1: Warm-up

Spend between 5 and 20 minutes on your warm-up to aid in recovery and prevent injury. There are various methods you can use, including shadowboxing, jump rope, jogging, cycling, jumping jacks, dynamic stretching (refer to [Strong & Stable Running 4 Life](#)), and mobility drills.

Phase 2: Skill Work

This phase involves practicing all the skills you learned in "A Man's Guide to Throwing a Punch." This portion of your workout should last between 30 minutes to 1 hour.

Phase 3: Conditioning

Keep your exercise selection simple. While kettlebell exercises are a great option, there are countless other good options to choose from. You can try sprinting, bodyweight conditioning, core training, weight training, plyometrics, metabolic conditioning (such as cycling and rowing), and more.

For a complete guide on the best exercises for combat athletes, refer to [Strong & Stable Back 4 Life](#) or [Strong & Stable Knees 4 Life](#) on www.jujiclub.com

Including each of these three phases in your workout is crucial to your continued success. However, it is essential to start with what's easy and simple for you to do. As you gain more experience, you can gradually increase the difficulty level by adding rounds, progressing to supervised sparring sessions for skill work, and increasing the number of rounds, weight, reps, and sets for your conditioning phase. Remember to always prioritize proper form and technique to avoid injury and make progress safely.

CHAPTER 6

How to use the video instructional

Each chapter of the video instructional covers a portion of the core techniques which you will use in your boxing training. In chapters 1-3, I will outline how to focus on rhythmic movements throughout your body as you move around during boxing training or in a real fight. Chapters 4 through 6 focus on proper boxing posture, mobility, stability, hip positioning and level changes. Chapters 7 and 8 cover footwork—an extremely important technical element in boxing which should not be overlooked.

Once you've become comfortable in your rhythmic movements, body positioning, posture and footwork, chapters 9 through 12 focus on each of the main striking types that comprise boxing—the jab, cross, hook and uppercut. Following the section on striking, in chapters 13 to 19 I will outline the major defensive movements: shielding, parrying, using the long guard, cross blocking and slipping.

When you bring all these elements together—movement, posture, strikes and defense—you will be ready for shadowboxing, bag work and sparring, guidelines for which are outlined in chapters 20 through 23. In the final chapter, we will discuss how to handle a potential street altercation should the need arise.

In this instructional, the first technique in every section is the most important—so learn the techniques in order. Practice each technique in this instructional for multiple rounds of 3 minutes, followed by 1 minute of rest. Once you have practiced all the techniques individually, you will begin to practice them together in combination.



Shifting body weight from left to right.



Moving head and legs in a rhythmic manner.



Moving hands up and down in a rhythmic manner.

1. Rhythm in the Legs

Lift your feet off the ground and shift your weight from one leg to the other, left to right. Position and rhythm are the most important elements of fighting – pro fighters use constant movement to generate momentum which gives power to their strikes. Constant movement also makes you a moving target, which will be more difficult for your opponent to hit.

2. Rhythm in Your Upper Body

It is more difficult to hit a moving target than it is to hit a stationary one. When fighting, it is very important to always remain a moving target. Keep your head constantly moving (back and forth, side to side) and keep shifting your body weight as you move —this makes it difficult for your opponent to effectively hit you. Make sure your head is always positioned in the space between your knees – if your head moves beyond your knees, you will be easier to knock over.

3. Rhythm in the Hands

There are advantages and disadvantages to high vs. low hand placement when throwing punches. Holding the hands higher helps to protect the face, but costs more energy as you move around. Holding your hands lower (at the shoulders) does not obstruct your view, allowing you to better see your opponent, and will result in punches that feel looser and tire you out less. If you constantly move your hands up to your face and then down to shoulder level in a rhythmic motion while fighting, your opponent will not know when you are about to strike next, and you can leverage the pros of both upper and lower hand positioning.

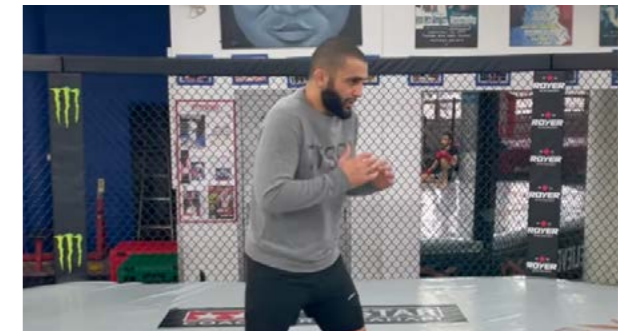
Try practicing all of these movements in combination. Move around your space while shifting your body weight from left to right. Move your hands up and down in a rhythmic manner as the video shows, using the relaxed shrug to also keep your shoulders mobile.



The relaxed shrug also moves up and down in a rhythmic manner.

4. The Relaxed Shrug

The longer your neck is during a fight, the more of a chance you have of being hit or knocked out. Shortening your neck makes that lever less available to your opponent and you will be much more difficult to hit. The relaxed shrug position allows your neck more protection while keeping your shoulders loose. The rhythmic movement of the relaxed shrug works in combination with the rhythm you are creating in your legs, upper body and hands as you move.





A lower hip position makes a fighter more powerful but less mobile.



When you move forward, step with the lead leg. When you move backward, the back leg moves first.



Throw the jab with your pinky facing up to practice a coiling motion when throwing punches.



When you throw the cross, your back heel comes off the floor and your foot pivots to the outside.



Combat jumping jacks are a crucial exercise that enable you to practice dropping your stance.



When you move left, the left leg moves first. When you move right, the right leg moves first.



Use the same coiling technique when throwing the cross with your dominant hand.



The cross is the power punch but it leaves you exposed. Throw at least two jabs for every cross.

5. Mobility vs. Stability

The lower you bring down your center of gravity (your hips) the better your stability will be. Stability is directly related to power—with a lower center of gravity, your strikes will become more powerful and you will be harder to knock off-balance. However, the lower your hips are, the less mobility you have—moving around the ring is easier and burns less energy when your legs are not bent down low and your hips are higher. A good fighter uses a balance of both mobility and stability to their advantage.

6. Combat Conditioning – Combat Jumping Jacks

You must learn and practice how to drop your hip level and move into a power position, and then practice moving back out of the position into a more mobile stance. When you level change, move your hips back. Practice this movement by performing a combat jumping

jack for intervals of 2 minutes. When the 2 minutes is up, take a 1 minute break before starting again.

7. Footwork – Moving Forwards and Backwards

Keep a consistent distance between your legs at all times, placing one foot in front of the other with the front foot facing forward and the back foot facing to the side. The distance between your feet should be wider than the distance between your shoulders for maximum power. When you move forward, step with the lead leg and maintain the same distance with the rear leg as you move. When you move backwards, the back leg moves first, followed by the front leg. You should never have your feet placed together at any time in a fight. As you step, be sure to maintain your rhythm and continue to move your head, legs, and hands.

8. Footwork – Moving Side to Side

When moving side to side, use the same principles as for moving forwards and backwards. The leg nearest to the direction you want to go is the one that takes the first step – if you want to move left, the left leg moves first. While you will see boxers crossing their legs as they move to the side, in a regular fight you should never cross your legs when moving to the side as this reduced base will make you vulnerable to a takedown. If you want to move right, the right leg moves first. Practice moving side to side while maintaining your rhythm, in intervals of 3 minutes.

9. Understanding the Jab

When you throw a jab, your shoulder should be at chin level—you can practice this proper movement by making sure your pinky is facing up when your arm is fully extended for the jab—this will help you maintain proper shoulder

placement and rotate your punch as you extend your arm. Rotating your punches is more powerful as it utilizes more muscles throughout your arm, and in reverse this action helps you recoil back more efficiently. Set a 3 minute clock to work the rhythm in your legs and upper body while practicing the jab. Ensure the jab recoils naturally by rotating your punches as you extend your arm so that your pinky is facing upward at full extension.

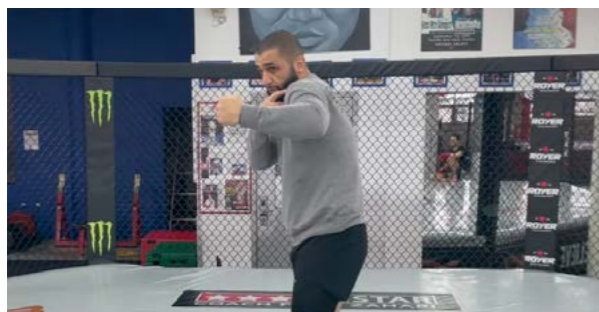
10. Understanding the Cross

The cross is thrown using your dominant hand, so if you are right-handed, you throw the jab (from front) with your left (from rear) and the cross with your right. Use the same coiling / rotation technique when throwing the cross with your dominant hand. Pay attention to your footwork —when you throw the cross, your back heel comes off the floor and your foot should pivot to the outside. Set a 3 minute timer followed by a 1 minute break, and work

your jab and your cross while keeping the rhythm we have covered in the previous sections of this instructional. Always throw two or three jabs before throwing a cross – this number is always double or triple. Never punch left right left right. Throwing the cross uses more power than the jab, but makes you more vulnerable to being hit – it is called the cross since your arm must cross to the other side of your body, which squares up your shoulders, leaving you open to attack.

11. Understanding the Hook

Throw your hook with your thumb down and your pinky up, using the same coiling direction as your jab and your cross. This will naturally bring the shoulder up to protect your chin as you punch. Use the same footwork as when throwing the cross – your back foot should lift off the floor and pivot slightly outward as your punch lands. Set another timer and practice throwing your hook after two or three jabs, in the same manner as you practiced with the cross. Remember to maintain your relaxed shrug and focus on keeping your rhythm as



Shrugging your shoulder when throwing the hook helps to protect your jaw from exposure.



Uppercuts are thrown in a circular motion.

you move. Position and rhythm are the two most important aspects of fighting. When practicing your combinations, remember to throw two or three jabs before throwing a power punch.

12. The Uppercuts

Practice the footwork and body positioning for the uppercuts by rolling back and forth up onto each of your toes while in fighting stance, while moving your arm around in a circle, pivoting from your hips. This motion generates power, and as you make it smaller and smaller you approach the motion for the uppercut. It is not an up and down motion—it is a circular movement in which your entire body is involved. Ensure that your head is always above or within the space where your knees are positioned – never past your head, which will put you off-balance.

13. Understanding Shielding

When you shield punches, it is important to drop your stance so your balance is not disrupted. Shield your face above your



Shield your face above your eyebrow, flaring your elbow up.



Parrying is using your palm to deflect the force of a punch. You can shield or parry the right hand.

eyebrow, flaring your elbow up. With your arm in this position, your opponent's punches deflect off the top of your head and up towards the ceiling. Deflection is key to defence—redirecting energy is always better than absorbing it. However, shielding actions reveal vulnerabilities elsewhere—when your arm is flared up to the ceiling, it exposes your ribs. There is no position that will protect 100% of your body at any one time, so when you shield, do it quickly. If you shield properly during a fight and your opponent's hand connects with your elbow, they will injure their hand.

14. Parrying

To parry is deflect a punch using a small outward flicking motion of your palm or elbow. When using the heel of your palm to deflect punches, always take a step. Always parry with the hand on the same side as the punch coming from your opponent. Keep your hand above your shoulder as you parry, because if your hand/arm is positioned too low, you are still vulnerable to being hit. If you use the wrong hand to parry, you will get hurt. Be sure to keep



The long guard blocks your opponent's punching shoulder or bicep.



The cross block uses both arms and is extremely defensive but not very offensive.

your rhythm and your relaxed shrug when you parry. Set a 2 or 3 minute timer with your training partner, and take turns throwing a few jabs as your partner parries, and then switch.

15. Shielding vs Hook

Use a 'talking on the phone' motion to shield hooks. Make sure your hand and your head are connected when you shield hooks, rather than leaving space between your arm and your head, which will result in your arm hitting your head as you absorb the power from the punch. When your opponent throws a hook, lean into it to counterbalance the power of the impact.

16. The Long Guard

Your dominant hand is your power hand, which is located at the rear or your fighting stance, while the lead hand is in front. The long guard is your lead hand extended, with your elbow flared towards the ceiling and your shoulder protecting your chin. This long guard motion blocks your opponent's punching shoulder or bicep, while your power hand should be shielding or parrying on the other side at the same time. When your opponent throws an uppercut, you may block with your shielding elbow on the other side. If your opponent connects with your elbow when throwing an uppercut, they will hurt their hand. This is illegal in boxing but legal in MMA and Muay Thai, and obviously there are no such rules in a street fight.

17. Cross Blocking

When you cross block, your lead arm folds under your chin, and your other arm folds over your forehead; with both your arms placed in this manner, you should still be able to see through the space between your arms. Keep your arms stiff when cross blocking to absorb the impact and lean towards and over your rear knee to absorb the force of the punch you are defending against. This movement is extremely defensive but not very offensive in a fight.



'When slipping the jab, slip toward the pinky side and step in to the punch, allowing it to deflect over your shoulder.



The shoe shine is a technique for practicing body shots on the heavy bag-- it consists of four uppercuts followed by a hook to the head.



Shadowboxing will combine all the techniques you have learned in this instructional.



You cannot become a competent fighter without extensive touch sparring practice.



Slipping the cross towards the pinky side.



When throwing punches for the shoe shine, your laces / wrists should be facing the ceiling.



Using the heavy bag is a safe and low-impact way to practice all your skills in combination.



Your street fighting stance should be bladed in a sideways orientation so you can more effectively defend yourself and deflect punches.

18. Slipping the Jab

Slipping is a small leaning motion where you slide your shoulder out of the way of the punch coming from your opponent. Always slip towards the pinky side. When you slip, you want to be as close to the punch as possible by stepping in to the punch as you change levels, allowing it to deflect over your shoulder. If you do not stay close to the punch and leave distance between you and the punch, you leave yourself vulnerable to attack, as should your opponent choose to throw another punch with the other arm, they will be right on target. As you slip, drop your hands to your jawline. Practice this motion with a partner.

19. Slipping the Cross

When slipping the cross, also slip towards the pinky side. In the same manner as when slipping the jab, do not move back; move towards the punch as you level change, while dropping your hands to your jawline.

20. The Shoe Shine

The shoe shine is a technique for practicing rapid left-right punches on the bag. This action is for practicing body shots. Practice four uppercuts to the body followed by a hook to the head. Ensure you are using a proper fighting stance and maintain your rhythm and your relaxed shrug as you practice the shoe shine – you should not be standing upright. Use your non-punching hand and the shoulder of your punching hand to protect your face as you alternate your punches.

21. How to Shadow Box

Place your gloves or another object in the center of the floor, which will represent your opponent, and begin moving around your target while practicing all the movements covered in this video in combination. Set a timer for 2 or 3 minutes with a 1 minute rest. Do 5-10 rounds followed by stretching and calisthenics for an incredible, safe and low-impact workout.

22. The Best Cardio Machine

The best cardio machine ever invented is the punching bag. Not only are you getting in shape as you hit the bag, but you are learning to defend yourself. It is a very safe and low-impact way to get exercise and practice learning to fight. Put on some music and have fun with it-- do between three and ten 2 minute rounds of bagwork divided by 1 minute rests.

23. Touch Sparring

Touch sparring is a playful, gentle way to practice sparring with a partner without hurting each other. If you spar hard all the time, every time you make a mistake, you will get injured. You must be able to make mistakes in a safe environment in order to learn from those mistakes and get better. Touch sparring does not mean you are moving slowly, it just means you aren't putting your full power behind your shots. Take turns trying to touch each other's chins, and make sure you communicate with your partner if they begin to hit too hard. Keep

things friendly and ask if your partner is okay if you hit too hard.

24. Handling a Street Altercation

When a fight starts, hide your most vulnerable targets (groin and chin) by standing in a bladed stance. Your fighting stance should be bladed in a sideways orientation so you can more effectively deflect punches and defend yourself. Do not face your partner square on in a fight as this leaves you vulnerable. When you are properly positioned in a proper fighting stance, you can absorb and deflect attacks from your opponent using your long guard, shielding, and slipping. Never throw the first shot—this is assault and punishable by law. When an altercation starts, move backwards to blade your fighting stance, shrug your shoulders, raise your long guard, and set up your shield to block with your other hand. Tell your opponent to back off. If your opponent engages, you will be acting in self-defence.

CHAPTER 7:

SAMPLE WORKOUTS TO TRY

Basic Interval Training

This workout will not only blast your cardiovascular system, it will also build incredible explosiveness. Kettlebell swings are low-impact plyometrics that teach your body how to move at top speed.

Feel free to replace kettlebell swings with almost any other kettlebell exercise such as kettlebell snatches, kettlebell clean and jerks, et cetera.

Remember to start with a lighter kettlebell weight and gradually increase resistance as you get stronger and more comfortable with the exercises.

1. Warm Up

Spend 5-10 minutes warming up your body with some light shadowboxing and get ready for your interval training.

2. Shadowboxing

Start with 1 minute of shadowboxing, focusing on your footwork, stance, and combinations. Keep your movements sharp and fluid, and try to maintain your energy level throughout the round.

3. Kettlebell Swings

After the 1 minute shadowboxing round, immediately grab your kettlebell and perform 1 minute of kettlebell swings. Make sure to use proper form and engage your entire body, from your legs, to your core, to your arms.

4. Repeat Intervals

Alternate between 1 minute of shadowboxing and 1 minute of kettlebell swings for a total of 20 minutes. There's no rest period in between rounds, so focus on maintaining your energy level and keeping your form tight.

5. Cool Down

Once you've completed the 20 minute interval workout, take a few minutes to cool down and stretch out your muscles.



A workout for people living in an apartment

1. Shadowboxing

Shadow box for 20 minutes continuously, using the techniques that you learned in the video instructional. Remember to maintain rhythm in the legs and hands, while maintaining constant head movement.

2. 5 Minute Rest

3. Kettlebell Training

- Swing x 10
- Goblet squat x 10
- Clean and press x 10
- Turkish get-up x 3 (each side)
- (Repeat the above for 15 minutes)

This routine can be done two to three times a week, with at least one day of rest in between. It is important to start with a lighter weight kettlebell and focus on good form before progressing to heavier weights. You can also modify the exercises to make them more challenging as you progress. Remember to stay hydrated and take breaks as needed during the workout. Also be sure to modify the workout as needed.

CHAPTER 8

What to do once you have access to a punching bag

If you have the luxury of a punching bag, your workouts are about to reach a whole new level of intensity. Swinging a kettlebell while wearing boxing gloves would pose a definite challenge. Therefore, it would be wise to schedule your kettlebell routine after your bag work routine.

These boxing programs can be done two to three times a week, with at least one day of rest in between. As always, it is important to start with a lighter weight kettlebell and focus on good form before progressing to heavier weights. You can also modify the exercises to make them more challenging as you progress. Remember to stay hydrated and take breaks as needed during the workout.

When you're getting the cardiovascular benefits of hitting the bag, you won't always need to do a kettlebell workout afterwards; it's good to leave the kettlebell alone sometimes. Listening to your body prevents overtraining and injury—so don't burn yourself out. Recovery is extremely important in any training routine; even the best champions understand that less can sometimes be more.

Boxing Workout 1

1. Warm up: Shadowboxing (5 minutes)

- Start with some light stretching to get your muscles warmed up and ready to go.
- Begin shadowboxing, focusing on your footwork, hand positioning, and overall technique.
- Move around as if you were in a real fight, throwing combinations and using your footwork to evade imaginary opponents.

2. Bag Work (18 minutes)

- **Round 1:** 3 minutes of hitting the heavy bag with jabs and crosses, followed by 1 minute of rest.
- **Round 2:** 3 minutes of hitting the heavy bag with hooks and uppercuts, followed by 1 minute of rest.

- **Round 3:** 3 minutes of hitting the heavy bag with a combination of jabs, crosses, hooks, and uppercuts, followed by 1 minute of rest.

- Repeat this pattern for a total of 6 rounds, alternating between jabs and crosses, hooks and uppercuts, and combinations of all punches.

3. Kettlebell Training (12 minutes)

- **Round 1:** 1 minute of kettlebell swings (using proper technique), followed by 1 minute of rest.

- **Round 2:** 1 minute of goblet squats with the kettlebell, followed by 1 minute of rest.

- **Round 3:** 1 minute of kettlebell snatches (alternating arms), followed by 1 minute of rest.

- Repeat this pattern for a total of 4 rounds.

4. Cool Down and Stretching (5 minutes)

Once you've completed the kettlebell training, take a few minutes to cool down and stretch out your muscles. This will help to prevent injury and improve your overall flexibility and range of motion.

Boxing Workout 2

1. Warm up

- Jump rope for 5 minutes.
- Dynamic stretching for 5 minutes (include exercises like arm circles, high knees, and lunges)

2. Boxing Circuit

- Shadowboxing for 3 rounds of 3 minutes each, with 1 minute rest in between
- Heavy bag work for 5 rounds of 3 minutes each, with 1 minute rest in between

3. Kettlebell and Bodyweight Circuit

- Kettlebell swings for 1 minute, followed by 10 push-ups, followed by 1 minute rest.

- Kettlebell goblet squats for 1 minute, followed by 10 burpees, followed by 1 minute rest.

- Kettlebell clean and press for 1 minute, followed by 10 mountain climbers, followed by 1 minute rest.

- Repeat the above circuit for a total of 3 rounds.

4. Cooldown

- Static stretching for 5-10 minutes (include stretches for the shoulders, hips, and hamstrings).

Remember to listen to your body throughout the workout and take breaks as needed. With consistent training, you'll soon notice improvements in your strength, endurance, and overall boxing performance.

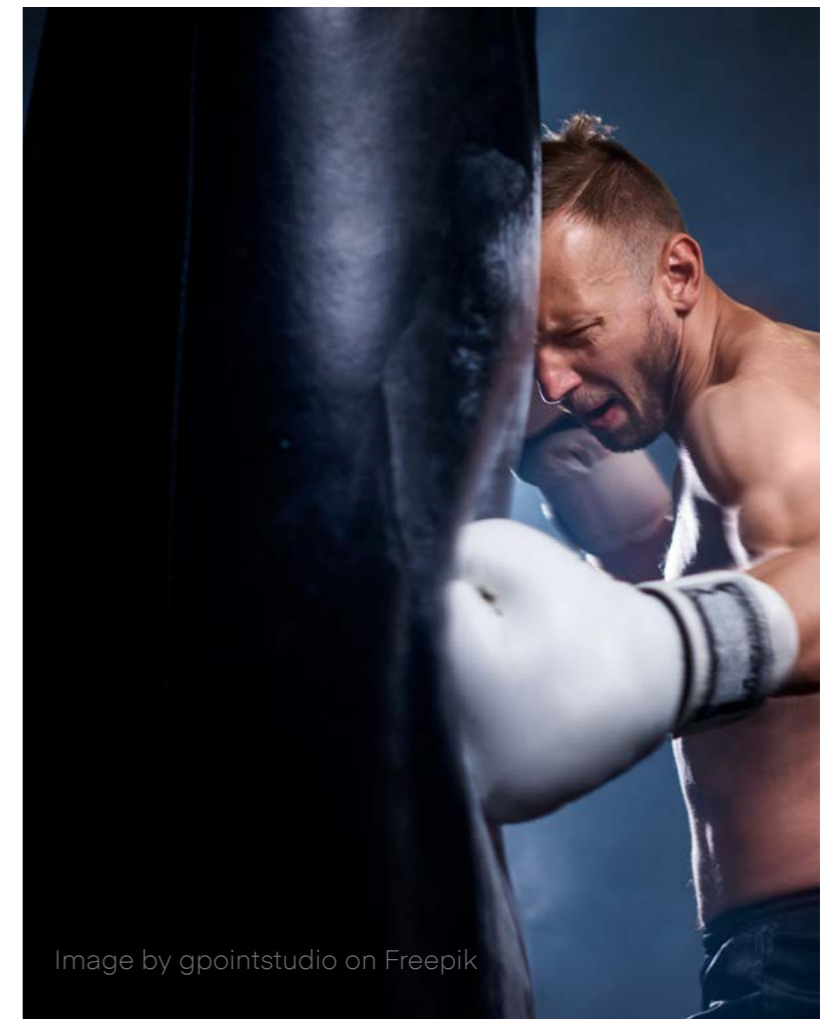


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CHAPTER 9

Sample workouts to try

The following is a collection of sample workouts to help you get in shape, practice your boxing routine, and increase your strength and cardiovascular endurance.

Sample 1

Phase 1: Warm-Up

Shadowboxing for 15 minutes

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- 100 kettlebell swings
- 5 minute rest
- 50 push-ups

Sample 2

Phase 1: Warm-Up

Assault bike for 10 minutes

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- 5 pull-ups
- 25 sit-ups
- Repeat as many rounds as possible for 10 minutes

Sample 3

Phase 1: Warm-Up

Jump rope for 15 minutes

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Cardiovascular Endurance

- 400m sprint
- 1 minute rest
- Repeat for 3 to 5 rounds

Sample 4

Phase 1: Warm-Up

5 minutes of stretching, followed by combat jumping jacks for 5 minutes.

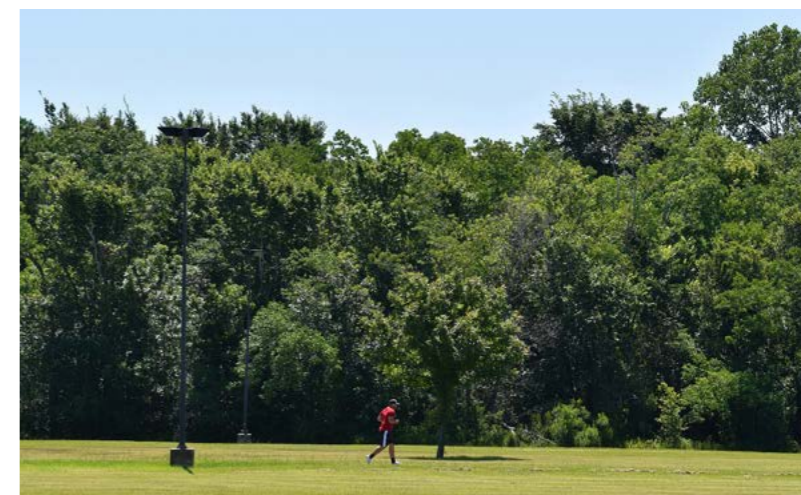
Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

Dumbbell diagonal lunges, 10 reps each leg for 4 sets. Rest as long as needed. See [Strong & Stable Running](#) for exercise demonstration.

Hold a plank for 5 minutes (core exercise). See [Strong & Stable Back 4 Life](#) for more details on planks.



A workout in the park on a nice sunny day

1. Shadowboxing

Shadowbox for 1 minute.

2. Shuttle Sprints

Shuttle sprints of approximately 20 metres in distance. Shuttle sprints are sprints from point A to point B then back to point A and then back to point B for a total of 1 minute.

Repeat 1 and 2 for a total of 20 minutes.

This workout is simple, fun and will build tons of muscle. Be sure to see [Strong & Stable Running](#) for exact technique on how to run/sprint correctly and how to execute proper shuttle sprints. Shuttle sprints are a great way to build up your leg muscles.

The true benefit of incorporating shadow boxing into any fitness routine is that it allows you to improve your striking technique while getting in great shape. Feel free to either do rounds of shadow boxing separately and then follow up with some physical conditioning, or, if you don't have much time and want to keep your workout short, consider using shadowboxing in intervals combined with a general exercise such as using the kettlebell, sprinting, rowing or any other form of metabolic conditioning.

Sample 5

Phase 1: Warm-Up

Shadowboxing for 15 minutes

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- 100 kettlebell snatches

Sample 6

Phase 1: Warm-Up

Jump rope for 15 minutes.

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- 10 air squats
- 10 push-ups
- 10 sit-ups
- 10 pull-ups

Sample 7

Phase 1: Warm-Up

Shadowboxing for 15 minutes.

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- 100 meter sprints
- Rest 30 seconds
- Repeat for 10 rounds

Sample 8

Phase 1: Warm-Up

Jog for 10 minutes

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- 30 kettlebell Turkish get-ups, alternating hands each rep

Sample 9

Phase 1: Warm-Up

Shadowboxing for 10 minutes, combat jumping jacks for 5 minutes

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- Sprint 200m
- Rest 1 minute
- Repeat for 5 to 10 rounds

Sample 10

Phase 1: Warm-Up

Cycling for 15 minutes

Phase 2: Bag Work

5 to 10 rounds of bag work lasting 3 minutes, with 1 minute of rest between.

Phase 3: Strength Training

- 10 burpees
- 10 sit-ups
- 10 pull-ups

