

The Workout

1 = Jab

2 = Cross

3 = Lead Hook

4 = Rear Hook

5 = Lead Uppercut

6 = Rear Uppercut

Let's start with Hand Speed. If you see an * (asterisk) after any combination, that means it's repeated non-stop. For example, 1-2* means 1-2-1-2-1-2-1-2-1-2 (and so on) for the duration of the time period.

Warm up with 60 seconds of nonstop Left and then Right punches, on the air.

Try to move in multiple directions, really twist your torso, make sure that you're feet are coordinated correctly. This is not a bunch of 1-2's... it's a continuous stream of 1-2-1-2-1-2-1-2 etc. (aka 1-2*)

Shadow Box 60 Seconds

At the end of this shadow boxing, you're going to do a punch sprint, so make sure you're fully recovered.

60 Second Sprint of 1-2* non-stop.

If you have a heavy bag, make sure you are hitting it hard. Extend your arms fully and DO NOT STOP until 60 seconds are up. You might want to vomit after 30 seconds, but you must push until you hit 60.

Rest for 2 Minutes, working on footwork

I'm sure your shoulders are burnt, so keep moving around on your feet, and let your arms hang if necessary.

60 Second Sprint of 1-2* non-stop.

This sprint is going to suck more than the first... so just get through it.

120 Seconds of Footwork

Keep moving around, but rest.

Speed Bursts

The following combinations should be thrown as fast as possible, with good footwork. If your footwork breaks down, you must slow down.

10 x (1-2-1-2) ... ten sets of jab - cross - jab - cross, a 4 punch combo.

10 x (1-2-5-2)

10 X (1-2-3-2)

Switch your stance and repeat the same combinations:

10 x (1-2-1-2)

10 x (1-2-5-2)

10 X (1-2-3-2)

Punch Sprints - Six through Twenty Punches

Occasionally start with your right hand!

1-2-1-2-1-2

1-2-1-2-1-2-1

2-1-2-1-2-1-2-1

Through... 1-2-1-2-1-2-1-2-1-2-1-2-1-2-1-2-1-2

Mixing in the Dip Slips

10 x (1-2-1-2-Dip-2-3)

10 x (1-2-3-Dip-3-2)

10 x (2-1-Dip-2-1-2-Dip-3-2-3-2)

Switch your Feet and Repeat

10 x (1-2-1-2-Dip-2-3)

10 x (1-2-3-Dip-3-2)

10 x (2-1-Dip-2-1-2-Dip-3-2-3-2)

Mule Kicks

Throw 20 Mule Kicks on each leg, increasing in height

Throw 20 Front kicks on each leg, immediately followed by the mule kick before replacing your foot on the ground.

Overhands

Slip while throwing 20 overhands on each side

Throw 20 more overhands on each side, followed by an Uppercut... i.e. Right Overhand - Left Uppercut.

More Hand Speed

Begin with the following combination lightly for 60 seconds: 1-2-3-2-1-4*

60 Second Sprint of 1-2-3-2-1-4*

Ideally this should be on a heavy bag... if you need to rest your arms, feel free to dip slip between punches ;-)

Even just 3 minutes of punch sprinting is a hard workout... so everything else on top of that makes this a tough one!

You're done!