

Week 1. Workout

Warm up with 2 x 2 minute rounds of shadowboxing, focusing on the *sneakiness* of your jab.

1. Jabbing A Circle

1. In an Orthodox Stance (Left foot in front) Fire **50 Jabs** while jabbing a circle to your **Left** Rest for 30 seconds while moving around in the *Philly Shell* (Left hand drops)... raise your hand when your shoulder is recovered... (feel free to throw punches.)

2. In a Southpaw Stance (Right foot in front) Fire **50 Jabs** while jabbing a circle to your **Right** Rest for 30 seconds while moving around in the *Philly Shell* (Right hand drops)... raise your hand when your shoulder is recovered.

3. In an Orthodox Stance (Left foot in front) Fire 70 **Jabs** while jabbing a circle to your **Left** Rest for 30 seconds while moving around in the *Philly Shell* (Left hand drops)... raise your hand when your shoulder is recovered.

4. In a Southpaw Stance (Right foot in front) Fire **70 Jabs** while jabbing a circle to your **Right** Rest for 30 seconds while moving around in the *Philly Shell* (Right hand drops)... raise your hand when your shoulder is recovered.

Multiple Jabs... 1-10

In an Orthodox Stance -

Throw one jab at a target

...then throw two

...then throw three

...all the way up to 10

Every one of these jabs should be *full power*... and extra focus should be placed on your **left** hand/**left** foot coordination.

In an Southpaw Stance -

Throw one jab at a target

...then throw two

...then throw three

...all the way up to 10

Every one of these jabs should be *full power...* and extra focus should be placed on your **right** hand/**right** foot coordination.

Repeat this again on both sides!

Combinations

Start by throwing **10 x Jab - Lead Hooks** in both an Orthodox and Southpaw stance.

Perform a 2 minute round of Shadow Boxing or Heavy Bag work (if you have one) in which you throw **20 x Jab - Lead Hooks...** focus on your footwork, and making the combination *quick and sneaky*. This should be done using your usual stance... either orthodox or southpaw.

Rest 60 seconds

Start by throwing **10 x Jab - Rear Roundhouses** in both an

Orthodox and Southpaw stance.

Perform a 2 minute round of Shadow Boxing or Heavy Bag work in which you throw **20 x Jab -**

Rear Roundhouses... focus on the speed of your jab and the immediate pivot after your jab step strikes.

Rest 60 seconds

Start by throwing **10 x Jab - Lead Hook - Rear Roundhouses** in both an Orthodox and Southpaw stance.

Then throw **5 x Jab - Lead Hook - Angle Change** in your traditional stance, if you remember how to angle change after watching the video (if not... don't worry about it).

Perform a 2 minute round of Shadow Boxing or Heavy Bag work (if you have one) in which you throw **20 x Jab -**

Lead Hooks - Rear Roundhouses... Focus on your ***power.***

Add a few **Jab - Lead Hook - Angle Changes** if you know how.

Start by throwing **10 x Jab - Rear Roundhouse -**

Lead Roundhouses in both an Orthodox and Southpaw stance.

Perform a 2 minute round of Shadow Boxing or Heavy Bag work (if you have one) in which you throw **20 x Jab - Rear Roundhouse - Lead Roundhouses...** if you have no heavy bag, you will have to pull your kicks instead of swinging all the way through.

If you have a heavy bag, focus on moving laterally on your second roundhouse, and making impact with your **mid-shin**.

Stretch for 5 minutes, and you're done for the day!