

The Workout

Shadow Box for 3 minutes to warm up...

The following should be done with a focus on torso-flexibility

20 Reps - Orthodox Stance with Feet Planted - Right Crosses
(focusing on loosening up your torso)

20 Reps - Southpaw Stance with Feet Planted - Left Crosses
(focusing on loosening up your torso)

The following should be done with a focus on torso-flexibility

20 Reps - Orthodox Stance with Feet Planted - Right Crosses
(focusing on **explosive** twisting of the torso, and explosive snap of the arm)

20 Reps - Southpaw Stance with Feet Planted - Left Crosses
(focusing on **explosive** twisting of the torso, and explosive

snap of the arm)

Shadow Box for 60 seconds...

The following are to be done **full power** but only when you've done 20 perfect reps slowly.

20 Reps - Orthodox Stance with Feet Planted - Right Crosses on the **Lead Step** (Rear foot does not move)... focus on driving off your rear leg, and twisting your core.

20 Reps - Southpaw Stance with Feet Planted - Left Crosses on the **Lead Step** (Rear foot does not move)... focus on driving off your rear leg, and twisting your core.)

20 Reps - Orthodox Stance with Feet Planted - Right Crosses on The Second Step (drive forward 12 inches and fire the punch when your rear foot is planting.)

20 Reps - Southpaw Stance with Feet Planted - Left Crosses (drive forward 12 inches and fire the punch when your rear foot is planting.)

Shadow Box for 60 seconds

The following assume that you are an orthodox fighter...

(Reverse the instructions if that is not accurate)

30 Repeated Crosses stepping your right foot to the right
(punching **on** the right step)

(Your body should obviously be moving continuously to the right)

30 Repeated Crosses stepping your left foot to the left
(punching just barely after the left step)

(Your body should be moving continuously to the left)

30 Repeated Crosses stepping your **right foot** to the **rear**

30 Repeated Crosses stepping your **left foot** to the front
(punching just barely after the left step)

Repeat the same exercise on your jab...

Fire 30 repeated jabs in every direction

The Following Should be Done

Explosively, only when you've done it correctly
10 times straight.

10 repetitions of **1-2-1-2** Stepping in place (Jab-Cross-Jab-Cross)

10 repetitions of 1-2-1-2 Stepping in place and *as fast as you can*

10 repetitions of **1-2-1-2** Moving to the Right

10 repetitions of **1-2-1-2** Moving to the Right *as fast as you can*

10 repetitions of **1-2-1-2** Moving to the Left

10 repetitions of **1-2-1-2** Moving to the Left *as fast as you can*

30 seconds of shadow boxing...

10 repetitions of **1-2-1-2** Moving to the Forward

10 repetitions of **1-2-1-2** Moving to the Forward *as fast as you can*

10 repetitions of **1-2-1-2** Moving to the Backward

10 repetitions of **1-2-1-2** Moving to the Backward *as fast as you can*

To Break the Monotony...

Do a 3 minute round, either shadow boxing or on a heavy bag where you fire a minimum of 20 repetitions of the first combination:

Cross to the Head - Cross to the Body - Lead Uppercut to the head

Repeat the same structure with a **2-1-2-1 Combination**

Your **Cross** will lead the combination

You will move in all 4 directions, 20 repetitions in each direction, the first 10 will be slow (for coordination purposes), and the second 10 will be explosive **IF** you've gotten the coordination already.