



BOXING PROGRAMME

WWW.ABOXR.CO.UK



CORE PERIODISATION PHASE

1-4 WEEKS

FOUNDATION PHASE

....achieve your goals in 4 weeks



4-12 WEEKS

INTERMEDIATE PHASE

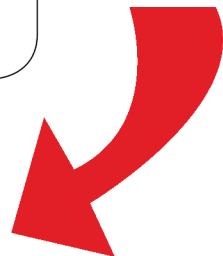
only 12 weeks and your goals will edge closer and closer to you!



12 MONTHS

ADVANCED PHASE

goals and results achieved, 12 months of leisure at my pleasure





My aim is to ensure you reach the level of fitness YOU desire without compromising your lifestyle



Welcome

My name is Ali, I am a personal trainer, and I run a network of qualified personal trainers who will come and train you. In the past years I have worked with over 100 clients, and the majority of my clients have achieved their goals based on knowledge, hard work and goal planning. I am based in Camden Town, and run a private company.

ABOXR was established in 2021, my aim was to deliver quality and successful goals and results programmes for clients around London. ABOXR's personal trainers are committed to providing the most effective personal training service for our clients. We promise to follow the SFL conduct code.

Ali Mohammed, BSc Sports Science

We will make sure you achieve the following:

- Improved body shape and posture
- Weight loss and fat reduction
- Reduced stress and fatigue
- Boosted energy levels
- Increased confidence and wellbeing
- Lowered risk of future health problems



BOXING PROGRAMME INTRODUCTION

Boxing requires muscular strength, stamina, agility and endurance. Boxing requires throwing jabs, back hand, upper cuts, hooks and straight punches. But the learning process takes time. Boxing workouts consist of interval training, sprints and boxing drills to develop muscle, power and speed and to improve technique. Engaging in a boxing training program will help improve your overall body shape.

1. JAB | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



A rapid straight punch thrown with the lead hand. The movement begins with a slight turn of the hips.

2. HOOK | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



A half circled punch thrown with either hand targeted to hit the side of the opponents head. Keep your rear hand tucked against your jaw to protect your chin.

3. UPPERCUT | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



A vertical punch thrown with the rear hand targeted to hit the opponents chin. When performed correctly, an uppercut can ruin the opponents balance

4. STRAIGHT PUNCHES ACROSS | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



Performing punches on the heavy bag improves and reshape the body. It also improves the technique and coordination.

5.CROSS | Perform The Exercise for 30 Seconds

IMAGE 1



IMAGE 2



A straight punch thrown with the rear hand, while the lead hand is tucked against the jaw to protect the chin.

6. PRESS UPS | 1x30 Seconds

IMAGE 1



IMAGE 2



7. SIT UPS | 1x30 Seconds

IMAGE 1



IMAGE 2



8. SQUAT FROST | 1x30 Seconds

IMAGE 1



IMAGE 2



9. STRAIGHT SHADOW PUNCHES | 1x30 Seconds

IMAGE 1



IMAGE 2



10. ABDOMINAL CRUNCH TWIST | 1x30 Seconds

IMAGE 1



IMAGE 2



11. OPEN SQUAT FROST | 1x30 Seconds

IMAGE 1



IMAGE 2



12. PUNCH ANKLE SIDE TO SIDE | 1x30 Seconds

IMAGE 1



IMAGE 2



13. PUNCH TOES SIDE TO SIDE | 1x30 Seconds

IMAGE 1



IMAGE 2



14. PUNCH UP & HIGH KNEES | 1x30 Seconds

IMAGE 1



IMAGE 2



15. SHADOW SIDE PUNCHES | 1x30 Seconds

IMAGE 1



IMAGE 2

**SPEED BAG TIPS**

One of the most effective ways to improve coordination and punching speed is by training with the speed bag.

Beginners will have trouble utilizing the speed bag so keep practicing until you are able to get a steady rhythm for over 30 seconds.

Once you are able to do that, divide your training into 10 rounds of 30 seconds and rest for 30 seconds.

STRETCHING & FLEXIBILITY

Include stretching in every workout day as it will prevent you from getting injured and increase your flexibility.