

USA BOXING DAILY WORKOUT

MONDAY

JOG IN PLACE :60
JUMPING JACKS X 20
HIGH KNEES X20
2 ROUNDS

WARM-UP

PUSHUPS X15
MOUNTAIN CLIMBERS X20 EA
ALTERNATING LUNGES X10 EA
JUMP ROPE :60 SECONDS
BODY WEIGHTS SQUATS X20
TOE TOUCHES X50
3 ROUNDS-:60 SECOND REST

WORKOUT

TUESDAY

JOG IN PLACE :60
JUMPING JACKS X 20
HIGH KNEES X20
2 ROUNDS

PUSHUP HOLD AT TOP X:30
PUSHUP HOLD AT BOTTOM X:30
WALL SIT X:30
SPLIT LUNGE HOLD LEFT X:30
SPLIT LUNGE HOLD RIGHT X:30
SUPERMAN HOLD X:30
PLANK X:30
SIDE PLANK LEFT X:30
SIDE PLANK RIGHT X:30
3 ROUNDS-:60 SECOND REST

BODY WEIGHT SQUAT X10
PUSHUP X10
BODY WEIGHT SQUAT X10
PUSHUP X10
BODY WEIGHT SQUAT X10
PUSHUP X10
BODY WEIGHT SQUAT X10
PUSHUP X10
BODY WEIGHT SQUAT X10
PUSHUP X10
5 ROUNDS-2 MIN REST

WEDNESDAY

JOG IN PLACE :60
JUMPING JACKS X 20
HIGH KNEES X20
2 ROUNDS

THURSDAY

JOG IN PLACE :60
JUMPING JACKS X 20
HIGH KNEES X20
2 ROUNDS

WARM-UP

SQUAT JUMPS
JUMP ROPE :60
FEET ELEVATED PUSHUP X10
SUPERMANS X10
GLUTE BRIDGE X20 EA
STAGGERED PUSHUP X 5 EA
RUSSIAN TWIST X30
3 ROUNDS-:60 SECOND REST

FRIDAY

JOG IN PLACE :60
JUMPING JACKS X 20
HIGH KNEES X20
2 ROUNDS

BODY WEIGHT SQUAT 6 SECOND LOWER X10
PUSHUP 6 SECOND LOWER X10
SPLIT SQUAT X10 EA
LATERAL LUNGE X10 EA
JUMP ROPE 2 MINUTES
JUMPING JACKS X20
SQUAT JUMPS X10
RUSSIAN TWIST X20
2 ROUNDS-:60 SECOND REST

SATURDAY

NONE

WALK OR
JOG OR
HIKE OR
BIKE
60+ MINUTES

SUNDAY

OFF

WORKOUT

OFF

