

USA BOXING DAILY WORKOUT

MONDAY

WARM-UP

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

WORKOUT

PUSHUPS X 15
MOUNTAIN CLIMBERS X20 EA
ALTERNATING LUNGES X 10 EA
JUMP ROPE :60 SECONDS
BODY WEIGHTS SQUATS X20
TOE TOUCHES X50
3 ROUNDS-:60 SECOND REST

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

WEDNESDAY

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

BODY WEIGHT SQUAT X 10
PUSHUP X 10
BODY WEIGHT SQUAT X 10
PUSHUP X 10
BODY WEIGHT SQUAT X 10
PUSHUP X 10
BODY WEIGHT SQUAT X 10
PUSHUP X 10
BODY WEIGHT SQUAT X 10
PUSHUP X 10
5 ROUNDS-2 MIN REST

THURSDAY

WARM-UP

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

WORKOUT

SQUAT JUMPS
JUMP ROPE :60
FEET ELEVATED PUSHUP X 10
SUPERMANS X 10
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 X 10
PUSHUP 6 SECOND LOWER X 10
SPLIT SQUAT X 10 EA
LATERAL LUNGE X 10 EA
JUMP ROPE 2 MINUTES
JUMPING JACKS X20
SQUAT JUMPS X 10
RUSSIAN TWIST X20
2 ROUNDS-:60 SECOND REST

SATURDAY

NONE

WALK OR
JOG OR
HIKE OR
BIKE
60+ MINUTES

SUNDAY

OFF

OFF

