



# BOXER PRIME



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Day 1 | Speed

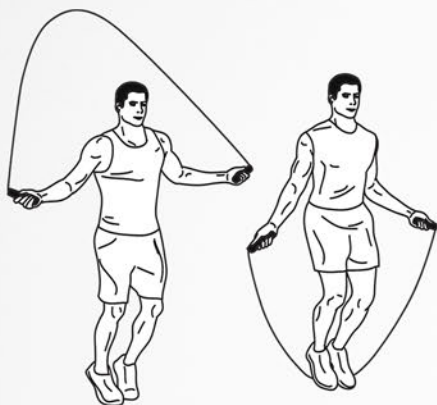
Level I 3 sets

Level II 5 sets

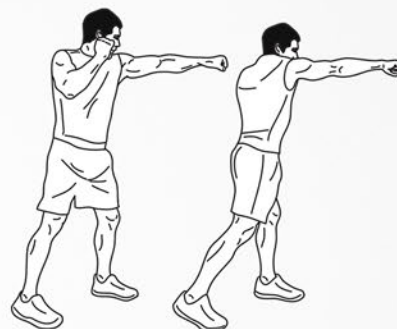
Level III 7 sets

2 minutes rest between sets

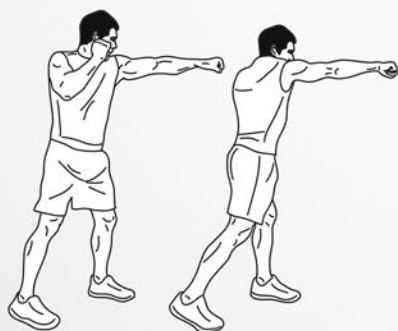
extra credit no rest



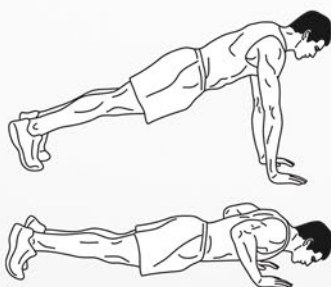
**1 minute** jump rope  
alternatively hop on the spot



**1 minute** push-ups + jab + cross



**1 minute** jab + cross  
as fast as you can,  
keep arms up



**1 minute** push-ups  
switch to knees push-ups  
if necessary



speed bag  
can be used

**1 minute** speed bag punches  
go as fast as you can,  
keep arms up

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Day 2 | Endurance

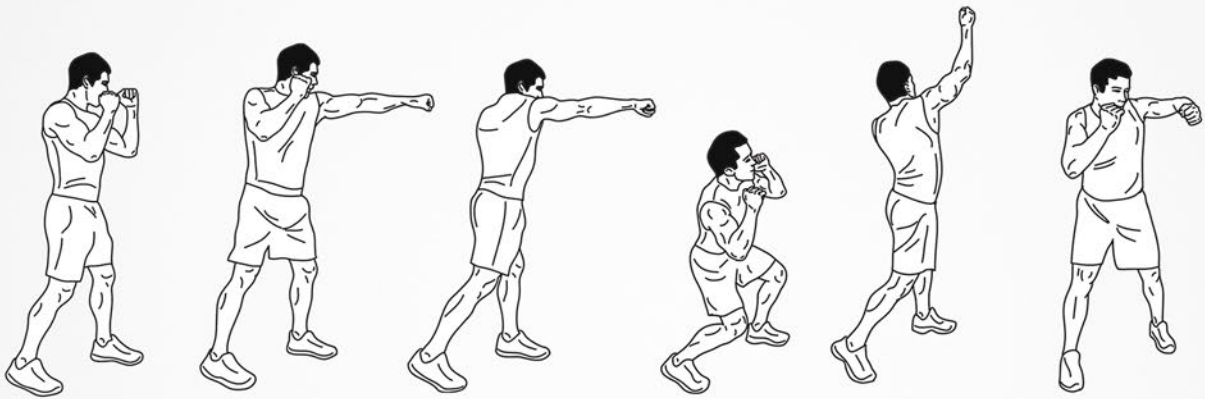
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

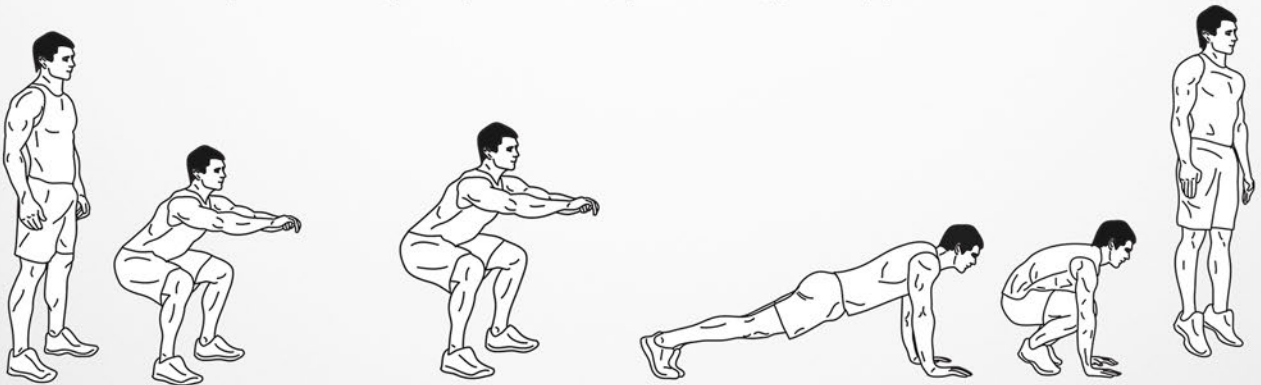
extra credit no rest



**5 minutes** shadowboxing

set a timer and shadowbox freestyle:

jab + cross, jab + jab + cross, jab + hook, jab + uppercut



**40** squats

**20sec** squat hold

**40** basic burpees

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## Day 3 | Abs

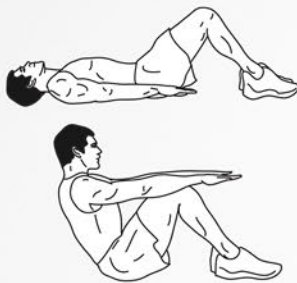
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest



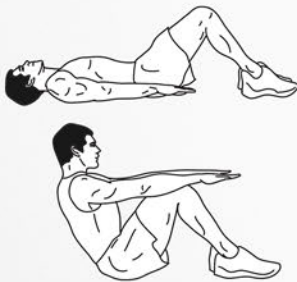
20 sit-ups



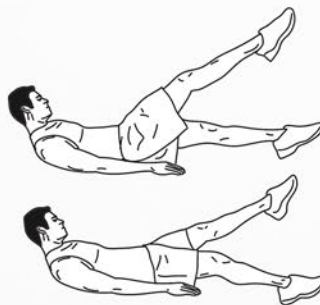
20 knee-ins + twist



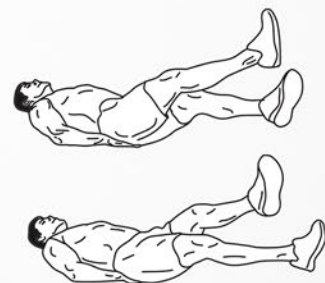
10 butt-ups



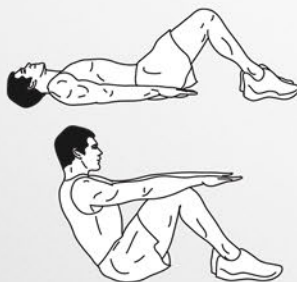
20 sit-ups



20 flutter kicks



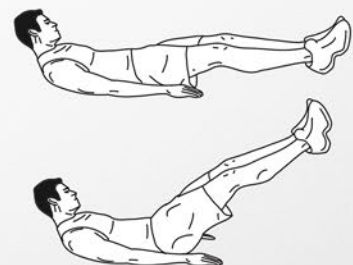
10 scissors



20 sit-ups



20 sitting twists



10 leg raises

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Day 4 | Power

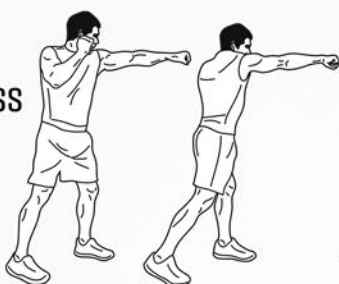
no sets  
complete all drills  
30 seconds rest  
between drills



can be done on a punching bag

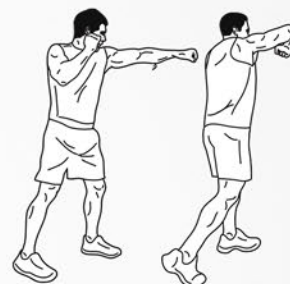
## DRILL 1

4 push-ups  
jab + cross + jab + cross  
10 sets



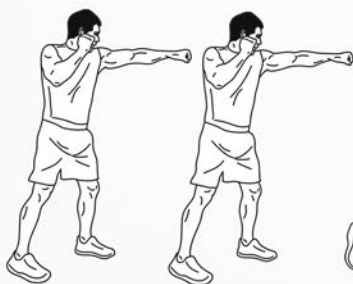
## DRILL 2

4 push-ups  
jab + hook  
10 sets



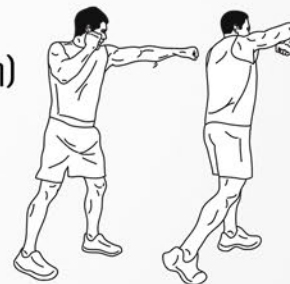
## DRILL 3

10 push-ups  
40 jabs (same arm)  
3 sets



## DRILL 4

10 push-ups  
40 hooks (same arm)  
3 sets

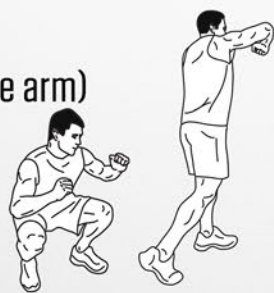


switch arms and do the drill again

switch arms and do the drill again

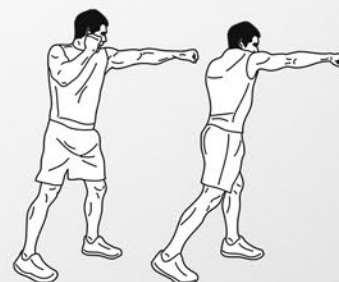
## DRILL 5

10 push-ups  
10 squat + hook (same arm)  
3 sets



## DRILL 6

30 push-ups  
1min jab + cross  
2 sets



switch arms and do the drill again

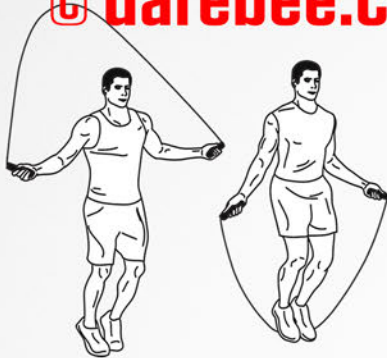
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Day 5 | Agility

no sets

complete one  
after the other

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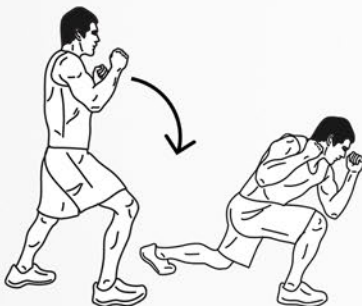


OR



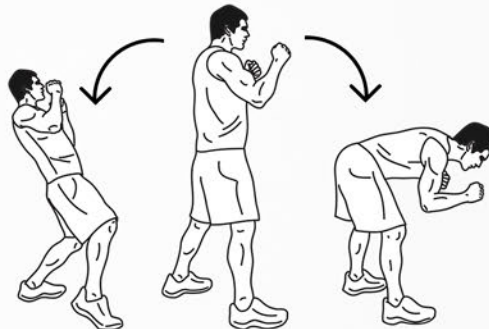
warmup

10 minutes jump rope  
or 20 minutes steady run  
*pick either*



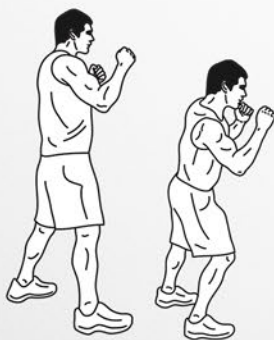
**1 minute** knee to elbow twists

from lunge stance  
30 seconds per side, switch sides after 1 minute



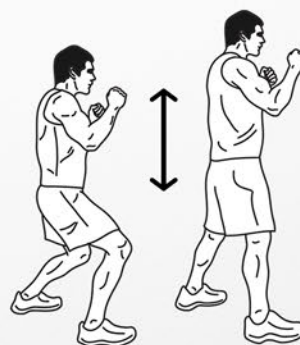
**1 minute** forward & backward bends

lean back and then lean forward as far as you can



**1 minute** side-to-side tilts

lean from side to side, as if you were dodging punches in slow motion



**1 minute** knee bends

bouncing action  
but with feet firmly planted on the floor

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Day 6 | Speed

Level I 3 sets

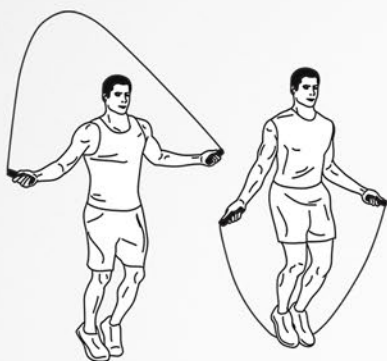
Level II 5 sets

Level III 7 sets

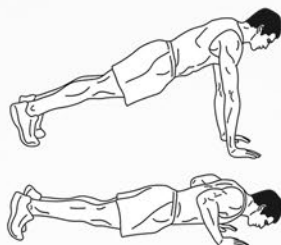
2 minutes rest between sets

extra credit no rest

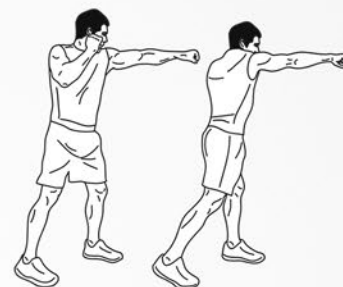
\* alternatively hop on the spot



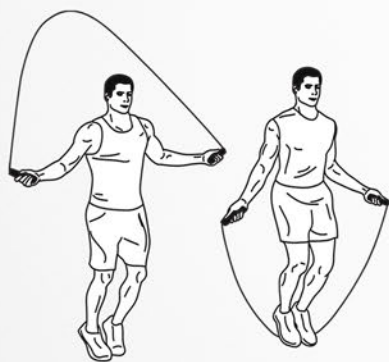
30sec jump rope \*



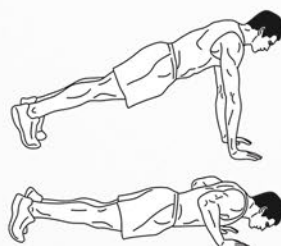
30sec push-ups



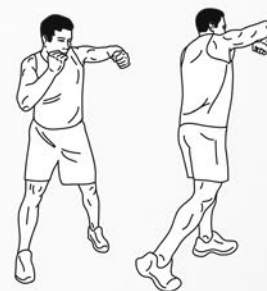
1min jab + cross



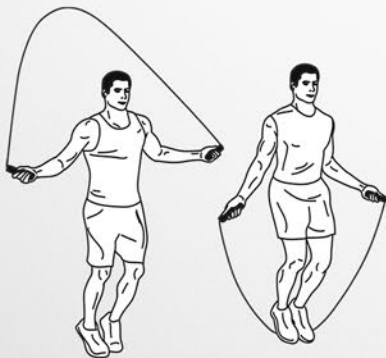
30sec jump rope \*



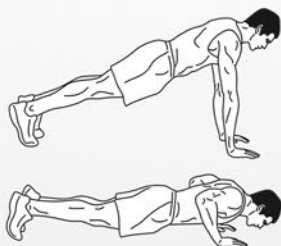
30sec push-ups



1min hooks



30sec jump rope \*



30sec push-ups



1min uppercuts

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Day 7 | Endurance

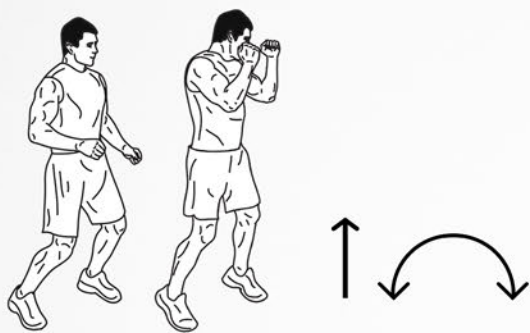
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



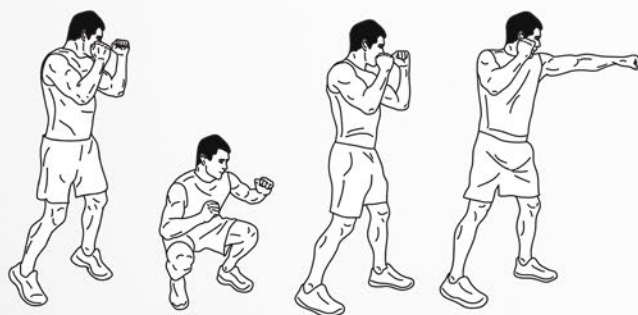
**1 minute**

bouncing on the spot

20sec both feet

20sec from foot to foot, left leg forward

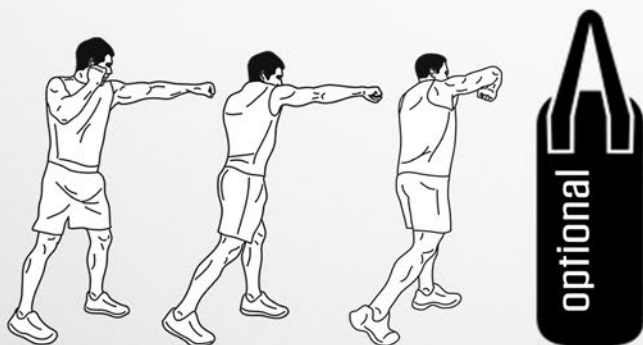
20sec from foot to foot, right leg forward



**2 minutes**

bounce, bounce + squat + jab

keep arm guard at all times,  
switch sides at 1 minute



**2 minutes**

shadowboxing

jab + jab,

jab + cross,

jab + cross + hook,

jab + jab + hook



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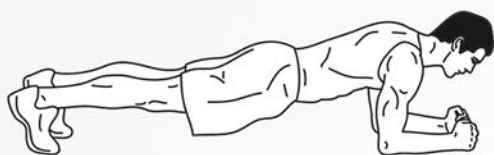
Day 8 | Abs

Level I 3 sets

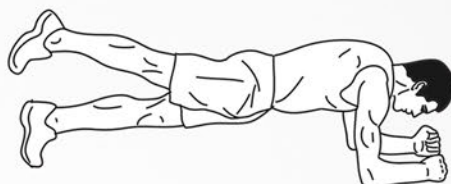
Level II 4 sets

Level III 5 sets

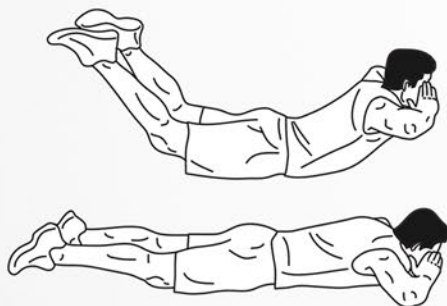
2 minutes rest between sets



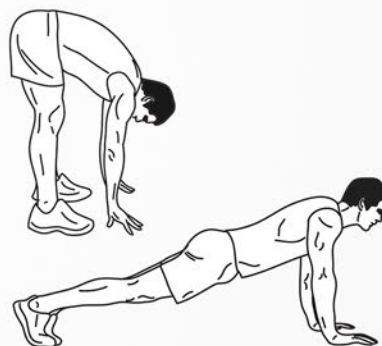
**30sec** elbow plank



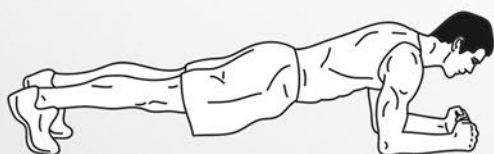
**30sec** raised leg elbow plank



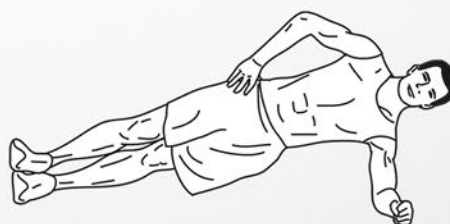
**10** back extensions



**10** plank walk-outs



**30sec** elbow plank



**30sec** side elbow plank

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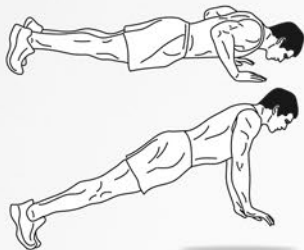
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Day 9 | Power

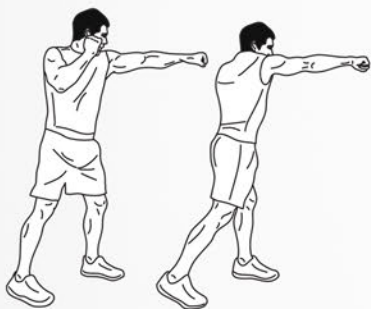
no sets  
complete all drills  
60 seconds rest  
between drills



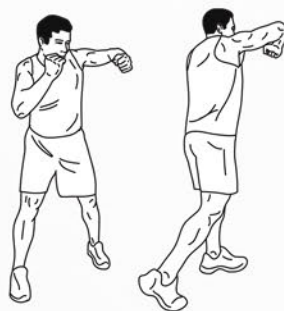
can be done on a punching bag



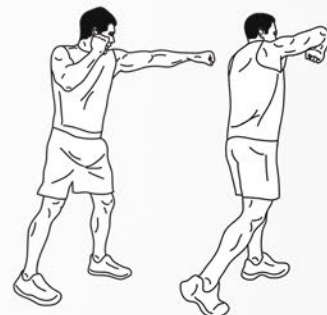
20 power push-ups before each drill  
extra credit: clapping push-ups



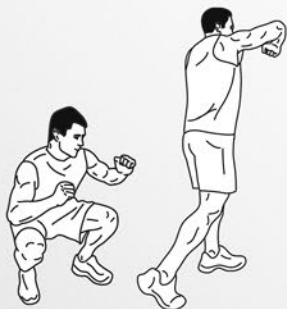
**DRILL 1**  
2 minutes jab + cross



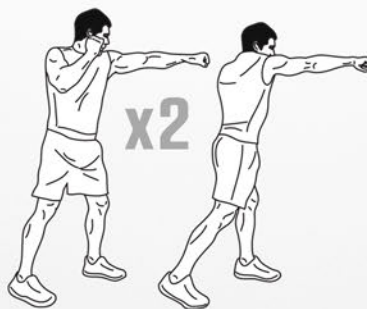
**DRILL 2**  
2 minutes hooks



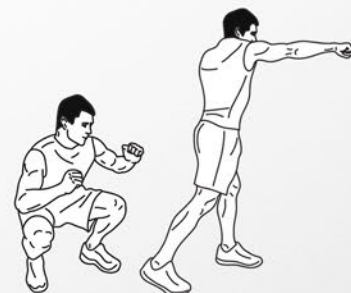
**DRILL 3**  
2 minutes jab + hook



**DRILL 4**  
2 minutes squat + hook



**DRILL 5**  
2 minutes jab + jab + cross



**DRILL 6**  
2 minutes squat + jab

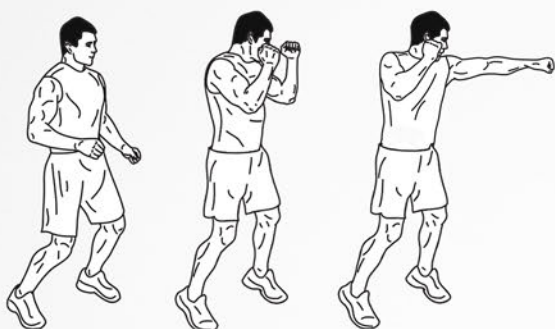
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Day 10 | Stretching

no sets

complete one  
after the other



warmup

**5 minutes**  
bounce on the spot  
throwing light jabs



**40sec** quad stretch  
20 sec hold each leg



**40sec** shoulder stretch  
move your arms as far away  
as possible & keep on moving  
until you reach your limit.



**40sec** arm stretch  
lean away continuously  
for 40 seconds



**40sec** back stretch  
lean back continuously  
for 40 seconds



**40sec** hamstring stretch  
lean forward continuously  
for 40 seconds



**40sec** knee rolls  
roll your knees side to side  
for 40 seconds

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Day 11 | Speed

Level I 3 sets

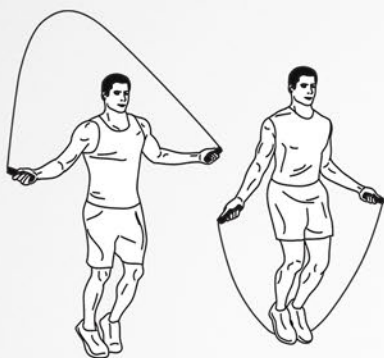
Level II 5 sets

Level III 7 sets

2 minutes rest between sets

**extra credit** no rest

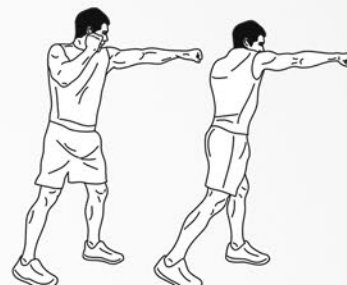
\* alternatively hop on the spot



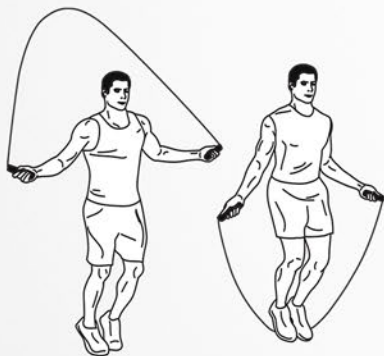
**30sec** jump rope \*



**30sec** push-up + jab + cross



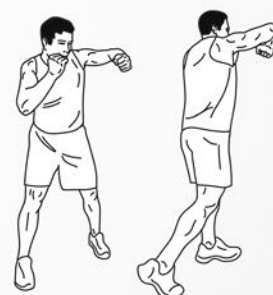
**1min** jab + cross



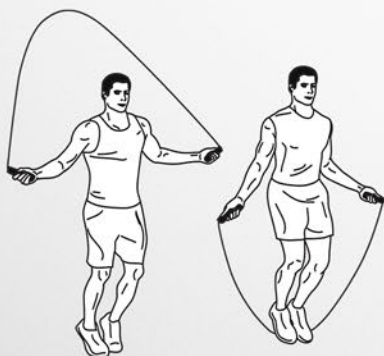
**30sec** jump rope \*



**30sec** push-up + hook



**1min** hooks



**30sec** jump rope \*



**30sec** push-ups



speed bag  
can be used

**2 min** speed bag punches

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Day 12 | Endurance

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest



1 minute high knees



1 minute elbow plank



1 minute squats



1 minute high knees



1 minute elbow plank



1 minute jab + cross

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Day 13 | Agility

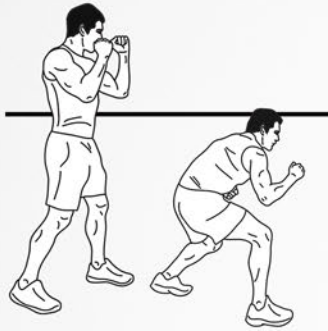
Level I 3 sets

Level II 5 sets

Level III 7 sets

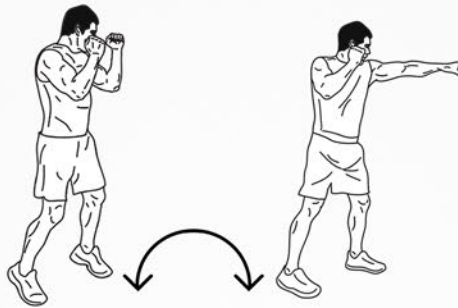
2 minutes rest between sets

extra credit no rest



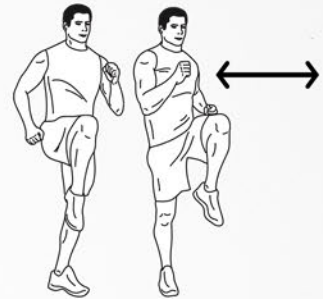
## 40 bob and weave

Tie a rope waist height - or imagine one; and duck under it side-to-side



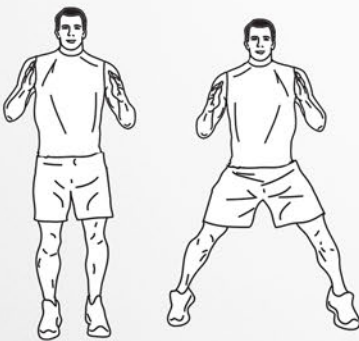
## 40 hop to the side + jab

Hop to the side, jab and hop back. Go as fast as you can.



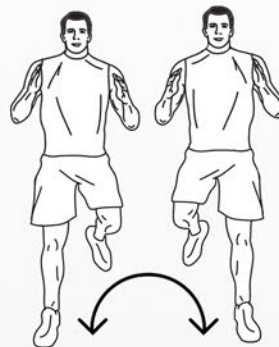
## 40 side high knees

Do high knees while moving to the side. Use the space available.



## 40 half jacks

hop with feet together, hop with feet apart - non-stop



## 40 side-to-side hops

Hop from side to side moving slightly forward and then backwards.



## 40 leg switch & punch

bounce on the spot and alternate forward foot while punching.

# BOXER PRIME

Day 14 | Abs

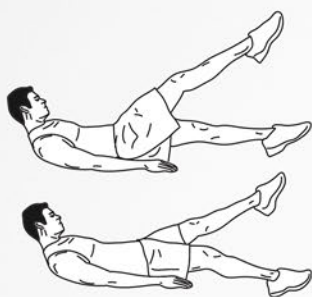
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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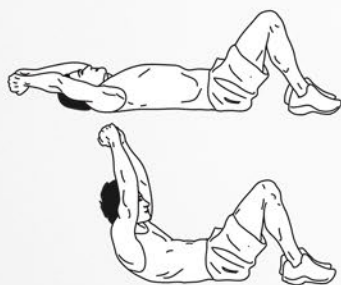
20 flutter kicks



10 V-ups



20 raised leg circles



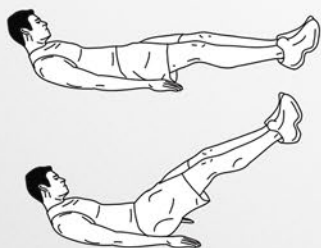
20 long arm crunches



10 V-ups



20 knee-to-elbows



20 leg raises



10 V-ups



20-count hollow hold

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Day 15 | Power

no sets  
complete all drills  
30 seconds rest  
between drills



can be done on a punching bag

## DRILL 1

4 judo push-ups  
jab + jab + hook  
10 sets



## DRILL 2

4 push-ups  
10 jabs (same arm)  
5 sets



## DRILL 3

10 push-ups  
10 hooks  
5 sets



switch arms and do the drill again

switch arms and do the drill again

## DRILL 4

4 push-ups  
2 jab + cross  
10 sets



## DRILL 5

30 push-ups  
90sec shadowboxing  
freestyle  
2 sets





# BOXER PRIME

Day 16 | Balance

Level I 3 sets

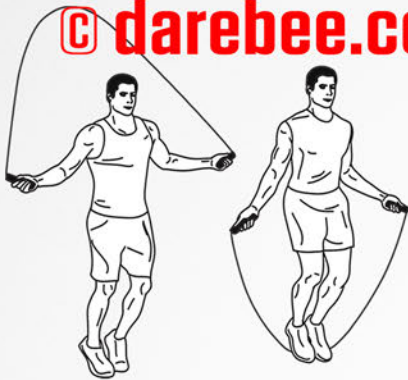
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

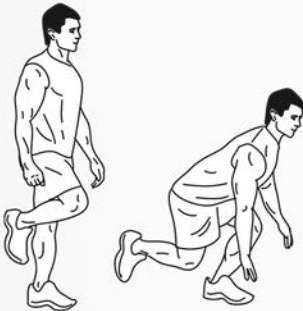
extra credit no rest

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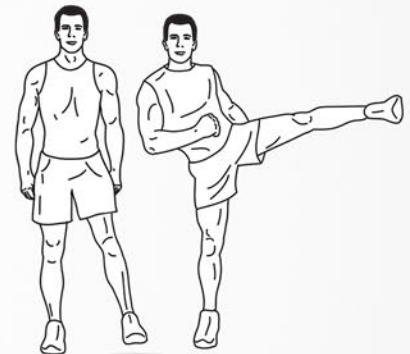
**10 minutes**

jump rope or hop on the spot  
warmup



**40** single leg half squats + **20sec** hold

20 one foot first followed up by a 20 second hold



**40** side leg swings

foot not touching the floor,  
keep your balance



**40** alt arm leg plank + **40sec** hold

hold the plank on one side for 20 seconds and then  
hold it on the other side for another 20 seconds



**40** knee to elbows

foot not touching the floor,  
keep your balance

# BOXER PRIME

Day 17 | Speed

Level I 3 sets

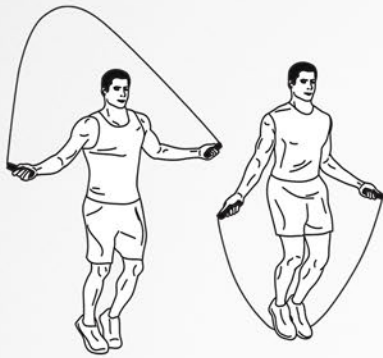
Level II 5 sets

Level III 7 sets

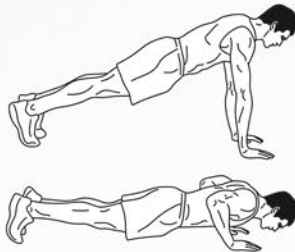
2 minutes rest between sets

extra credit no rest

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**30sec** jump rope

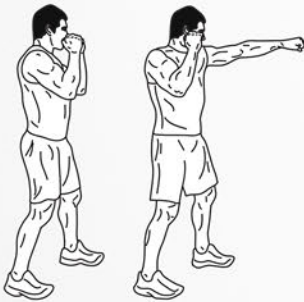


**30sec** push-ups

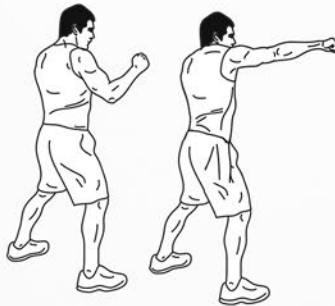


speed bag  
can be used

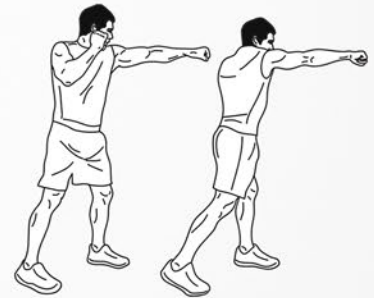
**1 min** speed bag punches



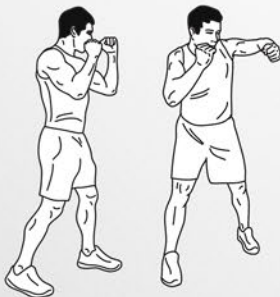
**30sec** jabs (left arm)



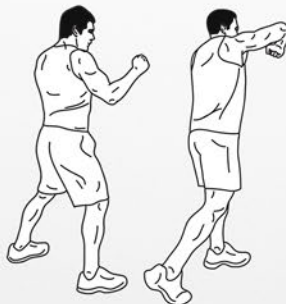
**30sec** jabs (right arm)



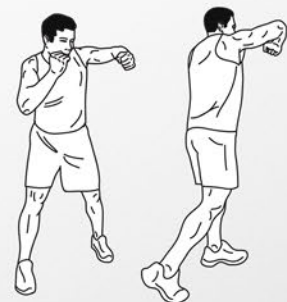
**1 min** jab + cross



**30sec** hooks (left arm)



**30sec** hooks (right arm)



**1 min** hooks

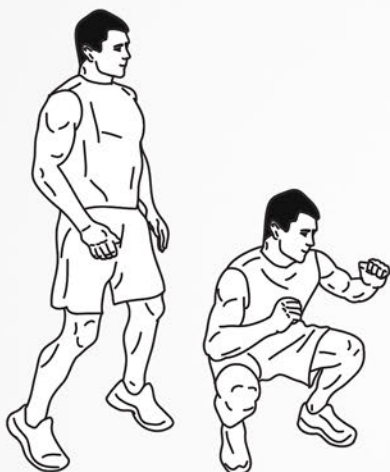
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Day 18 | Endurance

no sets

can be done on  
a punching bag



**10** squats

**1 minute** jab + cross

**20** squats

**2 minutes** jab + cross

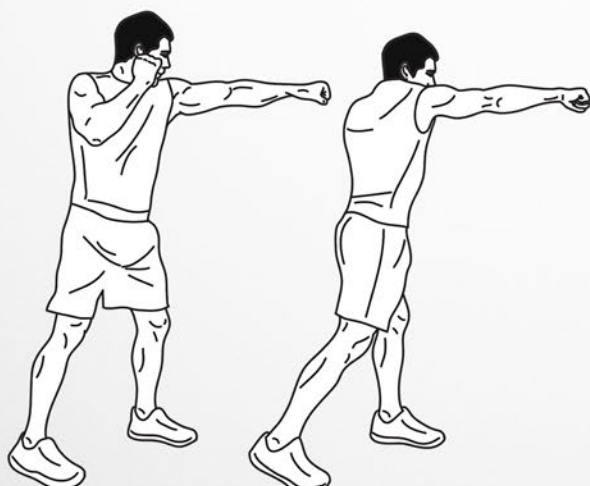
**30** squats

**3 minutes** jab + cross

**40** squats

**4 minutes** jab + cross

workout complete



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Day 19 | Abs

Level I 3 sets

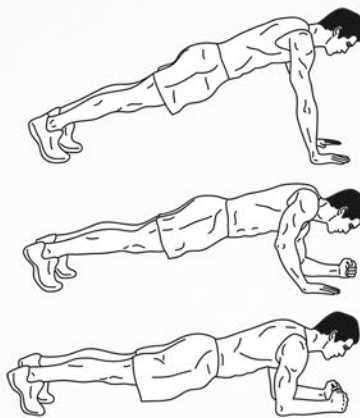
Level II 4 sets

Level III 5 sets

2 minutes rest between sets



**30sec** elbow plank



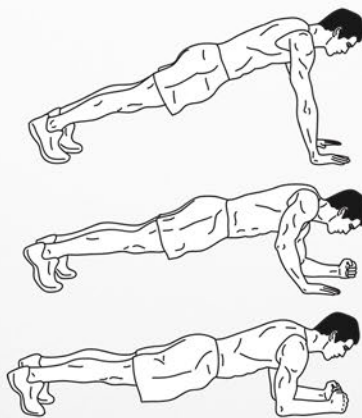
**30** up and down planks



**30sec** elbow plank



**30sec** back extension hold



**30** up and down planks



**1min** side elbow plank

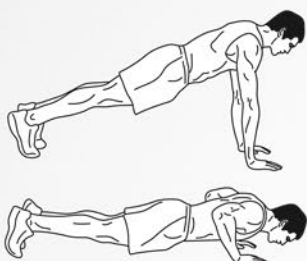
# BOXER PRIME

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Day 20 | Power

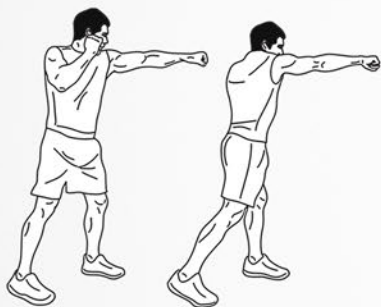
no sets  
complete all drills  
60 seconds rest  
between drills

can be done  
on a punching bag

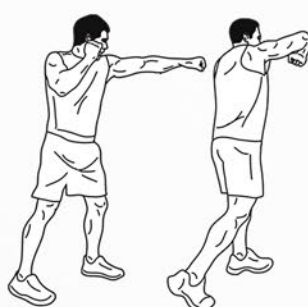


**30 push-ups** before each drill

split into smaller sets or switch to knee push-ups



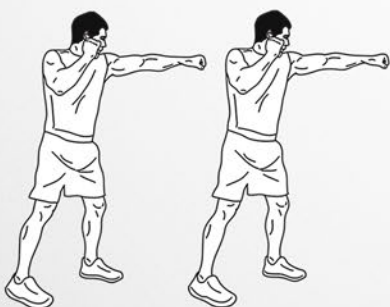
**DRILL 1**  
2 minutes  
jab + cross



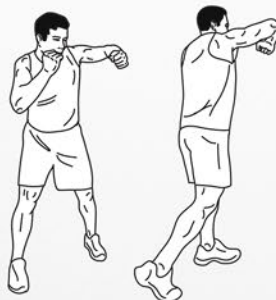
**DRILL 2**  
2 minutes  
jab + hook



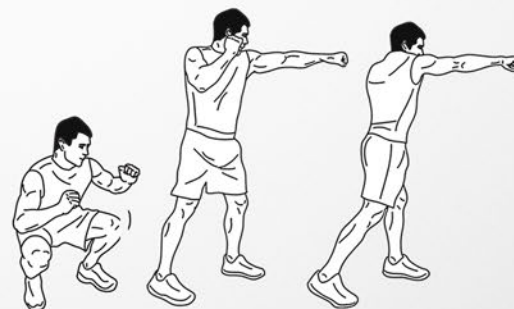
**DRILL 3**  
2 minutes  
squat + hook



**DRILL 4**  
2 minutes  
jabs (1 min each arm)



**DRILL 5**  
2 minutes  
hooks (1 min each arm)



**DRILL 6**  
2 minutes  
squat + jab + cross

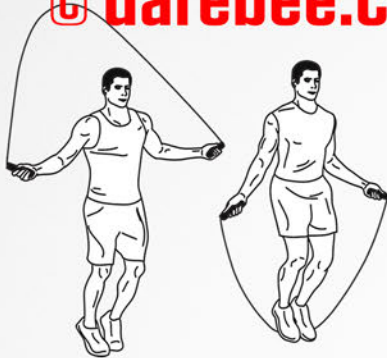
# BOXER PRIME

Day 21 | Agility

no sets

complete one  
after the other

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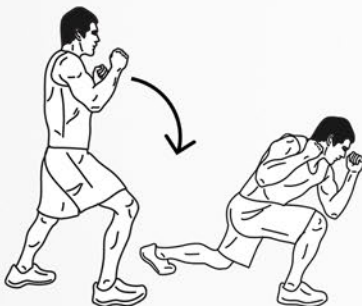


OR

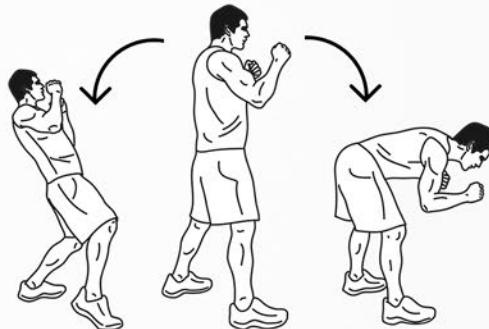


warmup

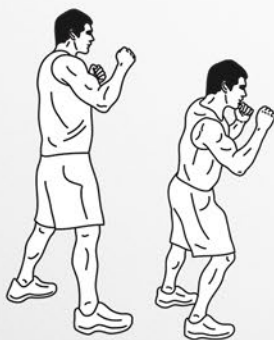
10 minutes jump rope  
or 20 minutes steady run  
*pick either*



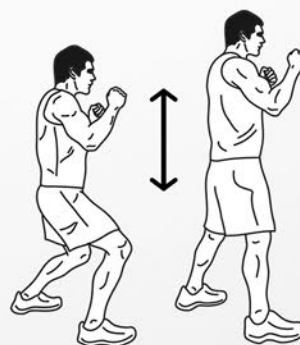
**2 minutes** knee to elbow twists  
from lunge stance  
1 minute per side, switch sides after 1 minute



**2 minutes** forward & backward bends  
lean back and then lean forward as far as you can



**2 minutes** side-to-side tilts  
lean from side to side, as if you were dodging punches in slow motion



**2 minutes** knee bends  
bouncing action  
but with feet firmly planted on the floor

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Day 22 | Speed

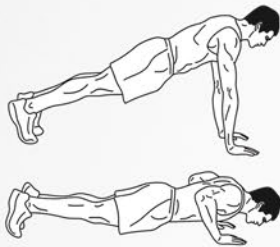
Level I 3 sets

Level II 5 sets

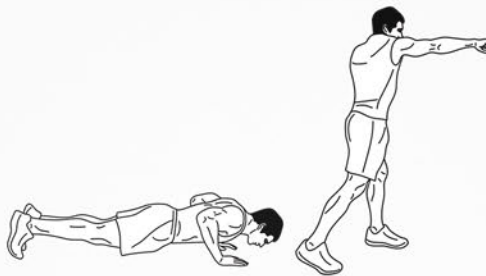
Level III 7 sets

2 minutes rest between sets

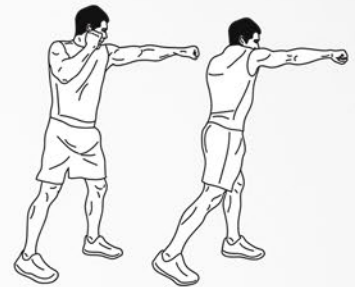
extra credit no rest



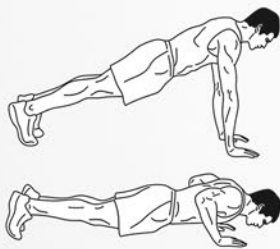
**30sec** push-ups



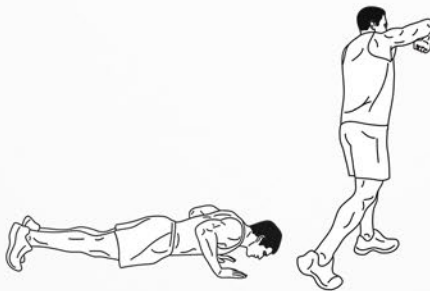
**30sec** push-up + jab + cross



**1min** jab + cross



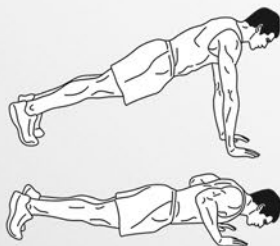
**30sec** push-ups



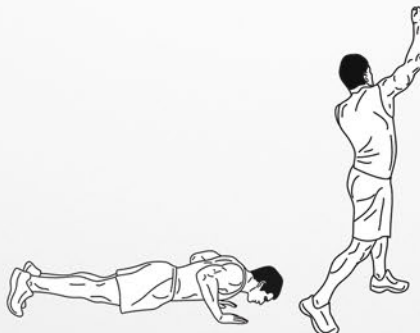
**30sec** push-up + hook



**1min** hooks



**30sec** push-ups



**30sec** push-up + uppercut



**1min** uppercuts

# BOXER PRIME

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Day 23 | Technique

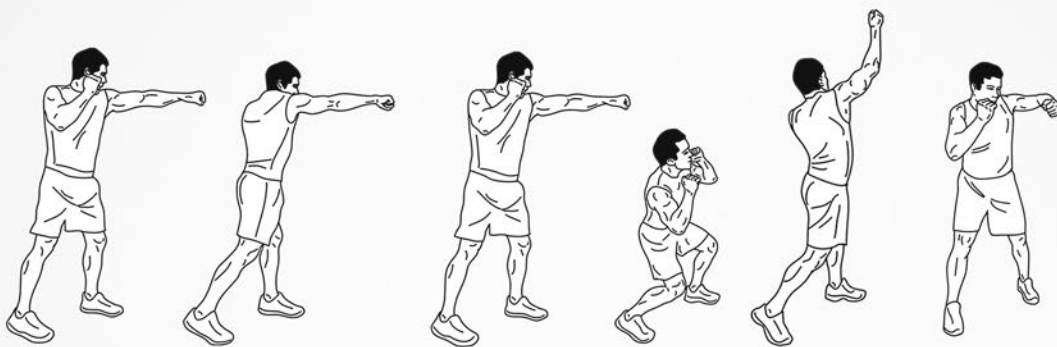
Level I 3 sets

Level II 5 sets

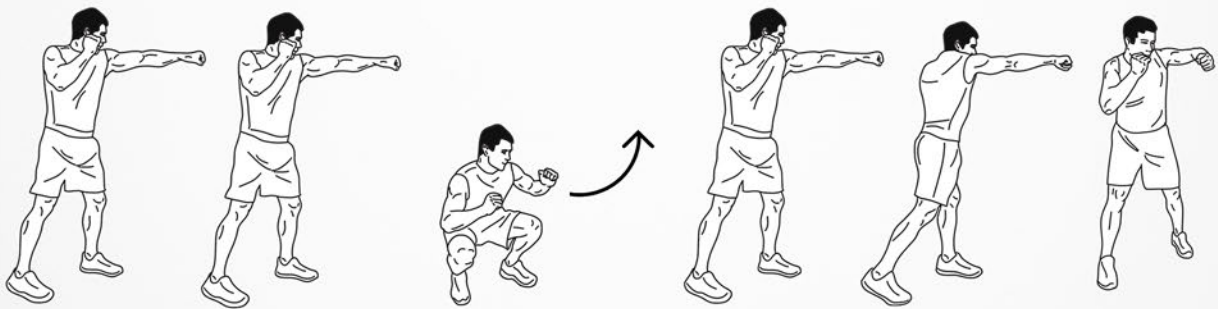
Level III 7 sets

2 minutes rest between sets

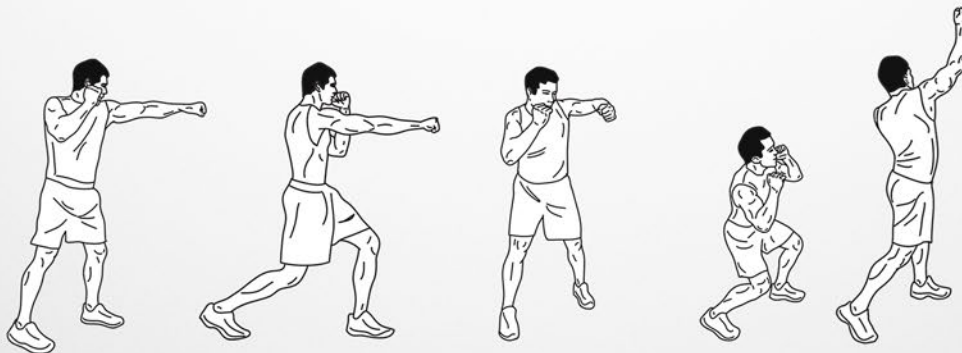
EC switch side each rep



40 combos: jab + cross + jab + uppercut + hook



40 combos: jab + jab + squat to the side + jab + cross + hook



40 combos: jab + lunge cross + hook + uppercut



# BOXER PRIME

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Day 24 | Power

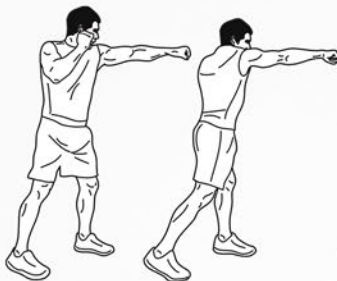
no sets  
complete all drills  
30 seconds rest  
between drills

can be done  
on a punching bag



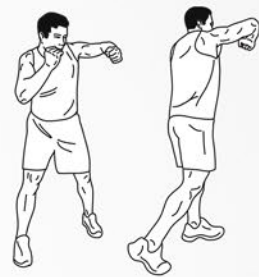
## DRILL 1

5 push-ups  
jab + cross  
10 sets



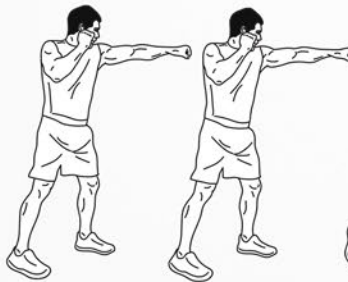
## DRILL 2

5 push-ups  
hook + hook  
10 sets



## DRILL 3

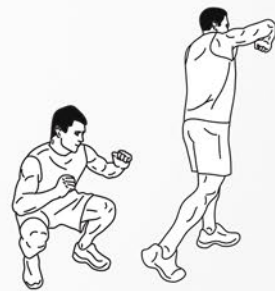
10 push-ups  
40 jabs (same arm)  
3 sets



switch arms and do the drill again

## DRILL 4

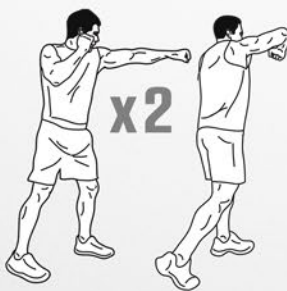
10 push-ups  
20 squat + hook  
3 sets



switch sides and do the drill again

## DRILL 5

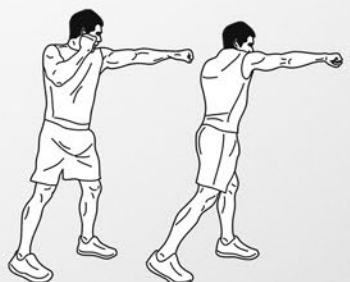
5 push-ups  
20 jab + jab + hook  
5 sets



switch arms and do the drill again

## DRILL 6

30 push-ups  
2min jab + cross  
2 sets



# BOXER PRIME

Day 25 | Abs

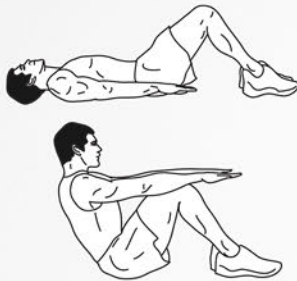
Level I 3 sets

Level II 4 sets

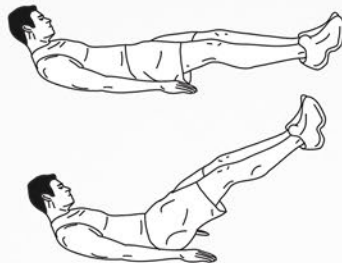
Level III 5 sets

2 minutes rest between sets

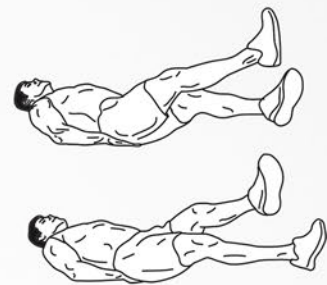
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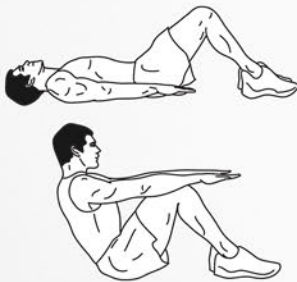
30 sit-ups



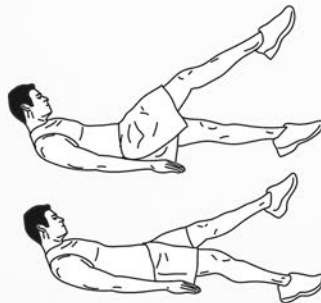
30 leg raises



30 scissors



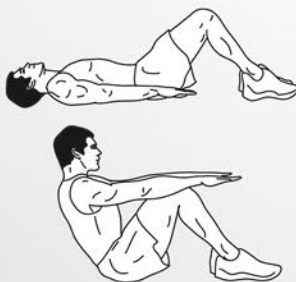
30 sit-ups



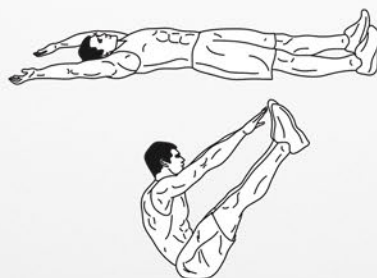
30 flutter kicks



30 sitting twists



30 sit-ups



30 V-ups



30 knee-to-elbows

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Day 26 | Endurance

Level I 3 sets

Level II 4 sets

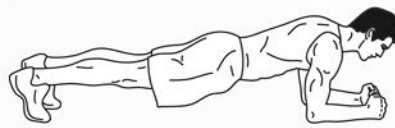
Level III 5 sets

2 minutes rest between sets

extra credit no rest



2 minute high knees



2 minute elbow plank



2 minute squats  
tip: bounce & squat



2 minute high knees



2 minute elbow plank



2 minute jab + cross

# BOXER PRIME

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## Day 27 | Speed

**Level I** 3 sets

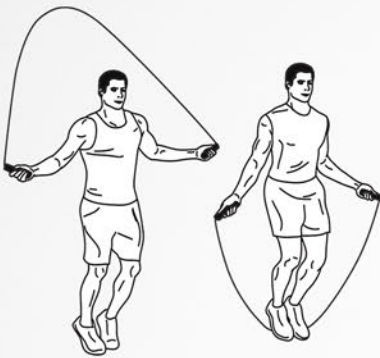
**Level II** 5 sets

**Level III** 7 sets

2 minutes rest between sets

**extra credit** no rest

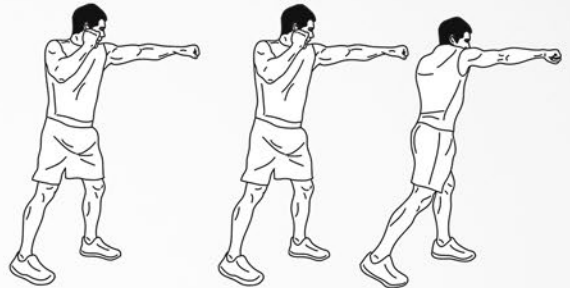
\* alternatively hop on the spot



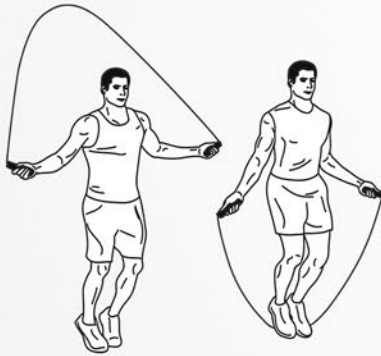
**30sec** jump rope \*



**30sec** push-up + jab + cross



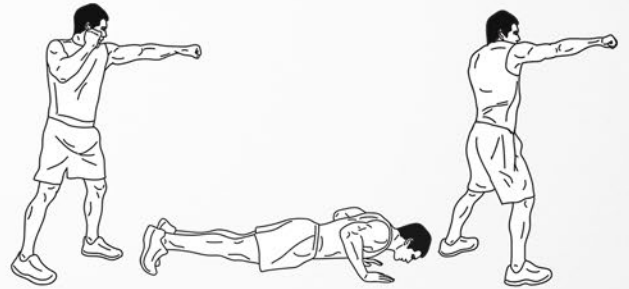
**30sec** jab + cross



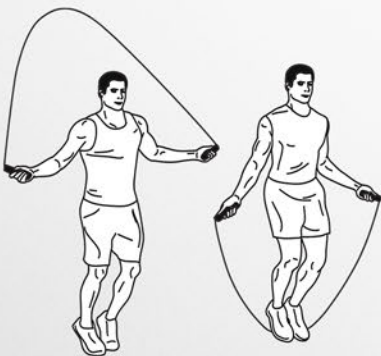
**30sec** jump rope \*



**30sec** push-up + 4 jabs



**30sec** push-up + 4 jabs



**30sec** jump rope \*



**30sec** push-ups



speed bag  
can be used

**2 min** speed bag punches

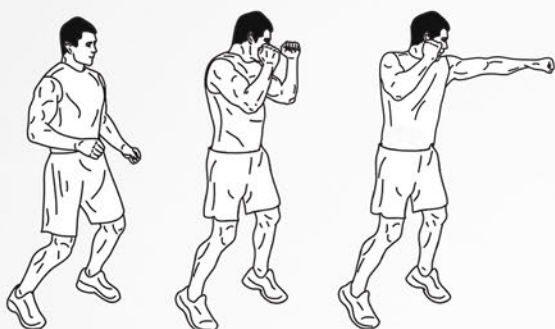
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Day 28 | Stretching

no sets

complete one  
after the other



warmup

**5 minutes**  
bounce on the spot  
throwing light jabs



**1min** quad stretch  
30 sec hold each leg



**1min** shoulder stretch  
move your arms as far away  
as possible & keep on moving  
until you reach your limit.



**1min** arm stretch  
lean away continuously  
for 1 minute



**1min** back stretch  
lean back continuously  
for 1 minute



**1min** hamstring stretch  
lean forward continuously  
for 1 minute



**1min** knee rolls  
roll your knees side to side  
for 1 minute

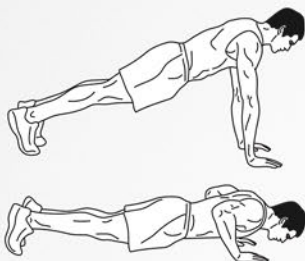
# BOXER PRIME

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Day 29 | Power

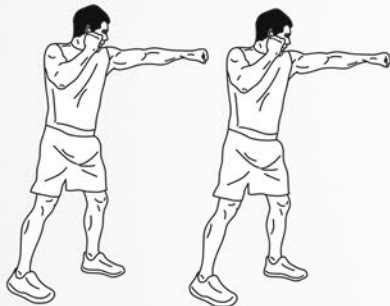
no sets  
complete all drills  
60 seconds rest  
between drills

can be done  
on a punching bag

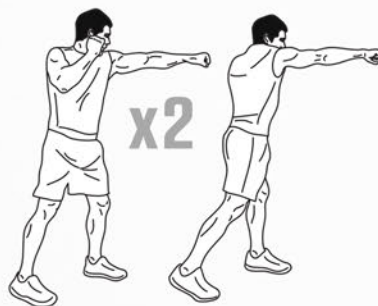


**40 push-ups** before each drill

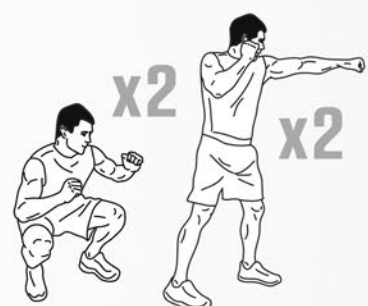
split into smaller sets or switch to knee push-ups



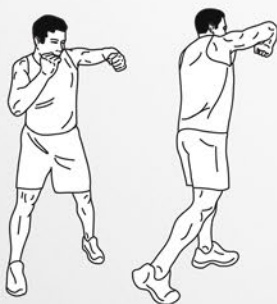
**DRILL 1**  
2 minutes  
jabs (1 min each arm)



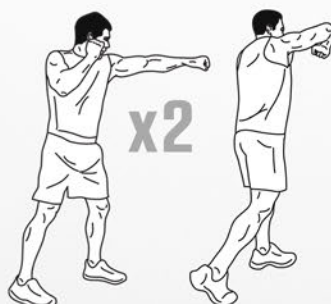
**DRILL 2**  
2 minutes  
jab + jab + cross



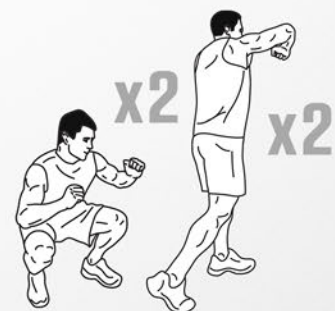
**DRILL 3**  
2 minutes  
double squat + jab + jab



**DRILL 4**  
2 minutes  
hooks (1 min each arm)



**DRILL 5**  
2 minutes  
jab + jab + hook



**DRILL 6**  
2 minutes  
squat + squat + hook + hook

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Day 30 | Technique

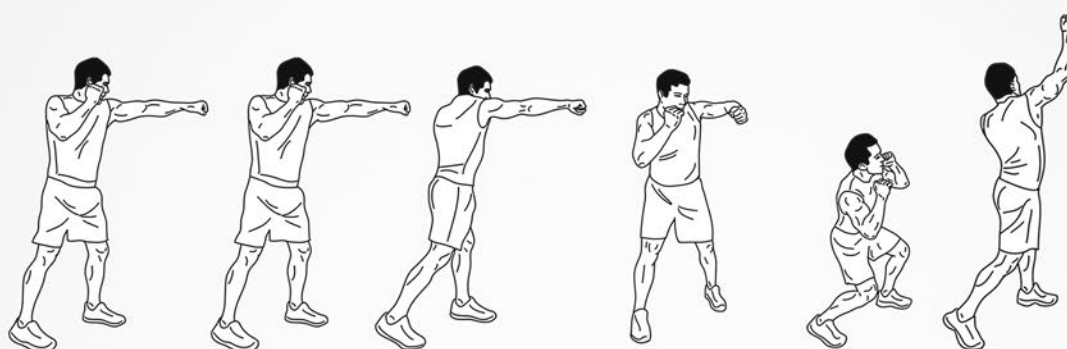
Level I 3 sets

Level II 5 sets

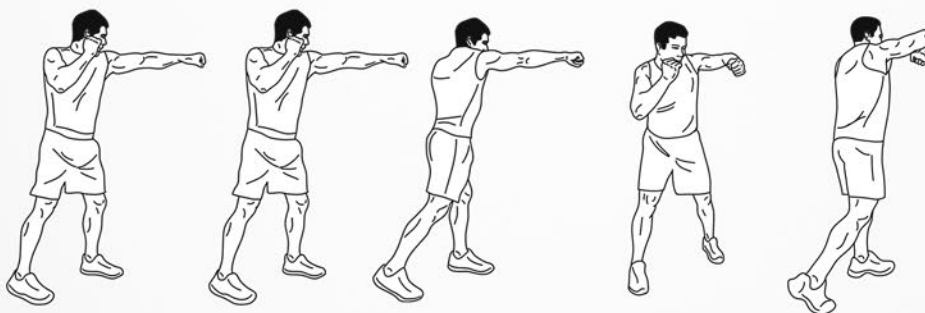
Level III 7 sets

2 minutes rest between sets

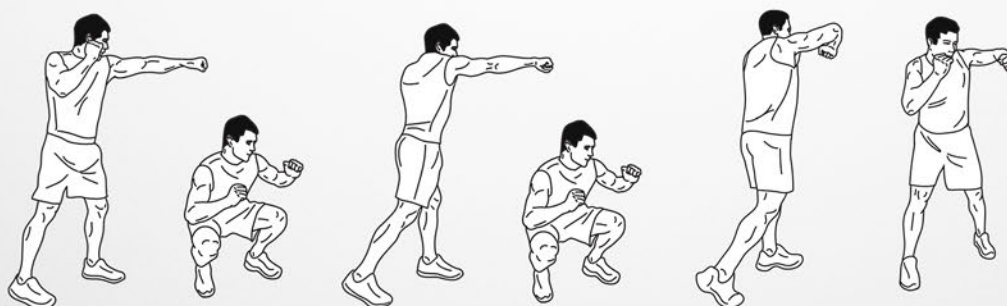
EC switch side each rep



50 combos: jab + jab + cross + hook + uppercut



50 combos: jab + jab + cross + hook + hook



50 combos: jab + squat + cross + squat + hook + hook

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