

Bodyweight & Boxing

Complex 1

Bodyweight Complex

Perform each move for 60 seconds with no rest between moves:

	Exercise	Work	Rest
a	Pullups to Inverted Rows Dropset	60s	0s
b	Dips to Pushups Dropset	60s	0s
c	Alternating Split Jumps to Lunges Dropset	60s	0s

Rest 30-60 seconds. Move on to Round 2.

Complex 2

Boxing Complex

Perform each move for 60 seconds with no rest between moves:

	Exercise	Work	Rest
a	Ladder Linear Footwork <i>Southpaw/Orthodox Stance</i>	60s	0s
b	Ladder Linear Footwork + Jab <i>Southpaw/Orthodox Stance</i>	60s	0s
c	Ladder Linear Footwork + 1-2 <i>Southpaw/Orthodox Stance</i>	60s	0s

Rest 30-60 seconds. That's 1 cycle. Do 2-4 total cycles. Be sure to switch stances each cycle and do an even number of cycles.

