

Equipment-Free Bodyweight & Shadow Boxing

Round 1

	Exercise	Work	Rest
a	T-Pushups	60s	0s
b	Jabs - Orthodox	60s	0s
c	Jabs - Southpaw	60s	0s
Rest 30-60 seconds			

Round 2

	Exercise	Work	Rest
a	Speed Squats	60s	0s
b	Straights - Orthodox	60s	0s
c	Straights - Southpaw	60s	0s
Rest 30-60 seconds			

Round 3

	Exercise	Work	Rest
a	Pushup Rows	60s	0s
b	Hooks - Orthodox	60s	0s
c	Hooks - Southpaw	60s	0s
Rest 30-60 seconds			

Round 4

	Exercise	Work	Rest
a	Skater Lunge to Jump Complex- to Left	60s	0s
b	1-2's - Orthodox	60s	0s
c	1-2's - Southpaw	60s	0s
Rest 30-60 seconds			

Round 5

	Exercise	Work	Rest
a	Skater Lunge to Jump Complex- to Right	60s	0s
b	1-2-Hooks - Orthodox	60s	0s
c	1-2-Hooks - Southpaw	60s	0s
Rest 30-60 seconds			

That's 1 cycle. Do another cycle for a longer workout.

