

# SPARR BOXING WORKOUT

<b>WORKOUT GOAL</b>	Speed, power, agility, reactions				
<b>WORKOUT DESCRIPTION</b>	Total body workout utilising boxing combinations and fitness related exercises to achieve a stress busting workout with a high calorie burn. SPARR training consists of Speed, Power, Agility, Reactions within lung busting Rounds.				
<b>SAFETY BRIEF</b>	Perform a full body effective warm up. Stay hydrated. Select appropriate sandbell weight for experience. Please seek guidance from your GP for any injuries or medical conditions.				
<b>EQUIPMENT</b>	Punchbag, Boxing gloves, Sandbell				
<b>DURATION</b>	30 mins. 2 min warm Up. 24 min workout. 4 min cool down & stretch.				
<b>MOBILISERS</b>	2 min warm up. Perform each exercise for 30 secs	Scissors	Lateral lunges	Arm circles	Squats
<b>THE WORKOUT</b>	Session design & equipment			Methodology	
	Complete set A twice, then move onto set B completing that twice. Each set should be completed twice before moving onto the next one. One run through of the workout should take approximately 12 mins with two run throughs taking 24 mins. Alternate between using a punchbag, a sandbell & bodyweight exercises.			Ensure accurate technique in the first round, warming up all muscles. In the second round look for maximum power and speed in every move.	
	Set	Equipment	Time/ reps	Exercise	Exercise recovery
	A1	Punch bag	1 min	Jab cross, side step around bag	15 secs
	A2	Punch bag	1 min	Jab, jab, hook	15 secs
	A2	Punch bag	1 min	Jab, hook, jab, cross	15 secs
	B1	Sandbell	30 secs	Loaded fast feet to drop squat	10 secs
	B2	Sandbell	30 secs	Upright throw to cross grab	10 secs
	B3	Sandbell	30 secs	Standing halos	10 secs
	C1	Punch bag	10 reps	Jab cross	N/A
	C2	Body weight	10 reps	Squats	N/A
	C3	Punch bag	10 reps	Body shot	N/A
	C4	Body weight	10 reps	Press ups	N/A
	C5	Punch bag	10 reps	Hooks	N/A
	C6	Body weight	10 reps	Switch stance	1 min
	D1	Punch bag	1 min	Jab, jab, cross,	15 secs
	D2	Punch bag	1 min	Jab, jab, cross, 4 x body shots	15 secs
D3	Punch bag	1 min	Jab, jab, cross, 4 x body shots, head hook, body hook, head hook	15 secs	
<b>COOL DOWN</b>	2 min easy min skip/footwork SAQ ladder				
<b>STRETCH</b>	30 secs on each stretch	Childs pose	Quad stretch	Hamstring stretch	Chest stretch
<b>SIGNPOSTING</b>	Try our SPARR padwork boxing class available in selected clubs. Alternatively speak to a Personal Trainer for one to one boxing coaching.				