

MWR BOXING WORKOUT

PLAY YOUR FAVORITE MUSIC & GO!

BEGIN:

20 High Knees

15 Jabs - left hand

15 Jabs - right hand

20 Pulse Squats

10 Uppercut - left hand

10 Uppercut - right hand

20 Pulse Squats

20 Hooks - switching hands

20 High Knee (with or w/o jump rope)

10 Combos- left jab, right hook, left upper cut

10 Combos - right jab, left hook, right uppercut

20 Pulse Squats

(No punching bags or gloves needed)



MWR TIP: REPEAT 3-5 TIMES OR AS MANY TIMES AS YOU WANT.