

Punching With Power



Six Weeks To Improved
Punching Power

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Introduction

Boxing employs a unique scoring system. A panel of judges scores each bout on a round by round basis. If a match lasts the distance, the judges determine the outcome. At the conclusion of the bout, each judge's scorecard is tallied to unveil the winner.

Criteria used to score a boxing match include:

- Clean Punching
- Ring Generalship
- Effective Aggressiveness
- Defense

Clean punching is most important.

Ring generalship is defined as controlling the tempo of the fight. The boxer who displays ring generalship puts his opponent where he wants him, utilizing superior movement inside the ring.

Effective aggressiveness involves landing punches while moving forward. If you charge forward without landing meaningful punches, the aggression is not effective.

Defense involves avoiding incoming punches.

The Problem

Boxing's scoring system is clearly tainted. Many judges are uneducated regarding the sport. Others are subjective in their scoring, often scoring rounds for the "crowd favorite". Those with direct involvement in the sport of boxing, either as a spectator, coach, or competitor, can attest to the reality of bad decisions.

Perhaps you watched Roy Jones Jr. compete in the 1988 Olympics in Seoul, Korea. Jones faced Korean Si-hun Park in the Gold Medal match. Despite a dominating performance, Roy Jones was shockingly denied the Gold Medal on a 3-2 score. A subsequent investigation into the scoring led some judges to admit that they had accepted bribes from Korean officials to vote against Jones. Roy's loss has been categorized by many as the most outrageous blunder in the history of the Olympic games.

Unfortunately, bad decisions are not confined to the Olympics. Boxing is plagued by corruption, often in the form of bogus decisions by the judges. Many young boxers lose faith in the system when victimized by the scorecards. Even Roy Jones contemplated retirement after the corruption in Seoul. Incompetent scoring almost cost the sport one of its greatest fighters of all time...

The Solution

How does a fighter avoid the inevitable corruption displayed by many boxing judges? What are the solutions to this continuous problem?

Perhaps a national commission could be developed to govern the sport. Elected officials could ensure fairness in scoring. Unfortunately, this plan is only effective in theory, as it is destined to fail in the "real world".

The best way to prevent a bogus decision is to assume the role of the judge, jury, and executioner...

A knockout erases the scorecards and ensures victory. No judge can take the decision from you.

A knockout punch is the most dominant display of power in sports. One punch transforms a boxer into an almighty judge. You alone determine the outcome of the match.

Punching power is a popular topic among aspiring boxers. Unfortunately, most fighters fail to improve their punching power. They either succumb to the theory that "punchers are born", or fail to train with a system that produces results.

Throughout this program, I will shed light on the often misunderstood topic of punching power. I have outlined a proven system, designed to improve punching power. If you follow this program in its entirety, you will undoubtedly experience improvements.

Take the initiative to perform the entire six-week program. Do not skip any of the workouts. Make a commitment and stick with it. This program is very challenging, but also very rewarding.

Let's begin with an overview of the program...

Overview

Over the next six-weeks, you will perform various movements designed to increase speed, power, and strength. It is imperative that you begin this program with an understanding of proper punching mechanics. No program will improve punching power for an individual who lacks proper technique. This program was created for experienced boxers.

The Debate

One of the most common debates in boxing is whether punching power is improvable. There are those who believe punchers are born, and those who believe punchers are made. The question on everyone's mind is as follows...

Is it possible to improve punching power?

Yes!

Clearly, certain athletes are born with natural punching power, but all athletes possess the ability to make considerable improvements. You are not limited to natural ability.

Before we delve into the specifics, let's review some of the characteristics that are integral to punching power:

- Technical proficiency
- Balance
- Timing
- Range
- Accuracy
- Relaxation
- Speed
- Strength

Technical Proficiency

To punch with power, you must first develop proper punching technique. Boxing has long been dubbed the "sweet science". This is not a sport of reckless aggression. Boxing is a multifaceted sport, with a considerable learning curve. Most ringside observers will never appreciate the sport's complexity. It is one thing to observe the sport in action, and another to participate. The act of

throwing a punch is a skill that must be developed over time. It is not natural for a non-fighter to throw hundreds of punches per day.

Regular practice is required to develop efficiency of movement when punching. As a boxer continues to punch, he begins to activate additional motor units. A motor unit consists of a motor nerve fiber, and all the muscle fibers that it supplies. As you activate additional motor units, you are able to accomplish more power with the muscle. Repeated punching enhances mechanical efficiency and motor unit recruitment patterns. You gain efficiency in movement, as you become more accustomed to performing a specific skill (ex. throwing a left hook). This improved efficiency of movement (as pertaining to punching) requires many months (often years) of practice.

Balance

Balance is an important, often overlooked, aspect of punching power. A fighter must be balanced when punching to maximize power. Balance is defined as the maintenance of equilibrium, when stationary or in motion.

Much of your power will originate from the lower body. Power punching involves synchronization between the lower body, upper body, and trunk. Power originates at the ground, traveling through the hips and core, and out through the fist. To maximize power, you must punch with balance. Balance is essential to coordinate the synchronization between the feet, legs, trunk, and upper body.

Timing

Timing is developed inside the ring. Timing refers to a fighter's ability to observe and react to his opponent's actions. For example, a counter puncher uses timing to intercept his opponent's punch, while landing his own in return. The counter puncher "times" the incoming jab, and counters with an overhand right. His opponent is hit with an unseen right hand. Proper timing transforms the counter punch into a "power" punch. The counter punch lands unexpectedly, hence proves damaging. An old saying in boxing is that the most dangerous punch "is the punch you do not see". Proper timing allows one to land the unseen punch. This skill is developed through sparring and partner drills.

I will provide an example to clarify any confusion.

Scenario 1 – I tell you that I am going to punch you in the chin. You have time to "brace" for the punch, minimizing its damage.

Scenario 2 – You throw a right hand and I counter with a left hook, which lands on the chin. You never see the punch coming. This punch may not be as

forceful as the punch thrown in Scenario 1, but will be much more damaging because of timing.

Range

Boxing is largely a sport of range. To achieve maximum power, you must first achieve full extension. A large percentage of a punch's power occurs with the final snap of the wrist, just before impact. Many novice boxers make the mistake of "crowding" their opponent. They do not allow adequate distance to extend their punches.

As with timing, range is developed inside the ring. A heavy bag does not hit back. It does not feint, side step, or distract you with the jab. The ability to overcome these obstacles must be developed with a live opponent.

Accuracy

Applicable power is not possible without accuracy. The most powerful puncher in the world is "powerless" when unable to hit his opponent. Your opponent will rarely stand still and invite you to punch. On the contrary, he will move around the ring, often firing punches in your direction. A successful boxer must remain calm under fire, able to respond with accurate punches. A powerful left hook that lands on the shoulder is far less effective than a punch that lands on the chin. Punch placement is a product of skill development.

Relaxation

Hand speed is a large component of power. To maximize hand speed, you must remain relaxed when punching. Excessive muscular tension will negatively influence one's ability to generate optimum speed. It is important to stay "loose" when boxing. Many young boxers make the mistake of trying too hard. These fighters attempt to "load up" with their punches, consequently diminishing power.

Many power punchers describe a knockout as the aftermath of a "perfect" punch. A baseball player describes a homerun swing in a similar fashion. When a baseball player "swings for the fence" (meaning he is trying to hit a homerun), he hits nothing but air. Baseball's greatest hitters remain loose, concentrating on proper mechanics.

These principles apply to boxing. The boxer who "swings" for a knockout rarely lands the knockout punch. True knockout artists remain relaxed when punching. If you look for the knockout, you will not find it. You must remain relaxed to maximize speed. When you eliminate tension (remain relaxed) you become a much faster puncher. Speed is an integral component of power.

What Else?

Technical proficiency, timing, balance, range, accuracy, and relaxation are attributes that the boxer must develop outside the weight room. Without these skills, a boxer will never maximize his (or her) punching power. Many young boxers overemphasize weight training in search of power development. These boxers mistake strength training for technical proficiency. Many of the greatest punchers of all time never trained with weights. Their power originated from properly executed technique...

But what happens after you learn the intricate skills required for this sport? Does your punching power plateau after achieving a certain level of technical proficiency?

An experienced boxer, who is technically sound, has many options for improving power. You are not limited to natural ability and technical proficiency. The time will come when your technique can no longer be tweaked to improve power. Fortunately, a properly designed training program can undoubtedly enhance punching power.

Summary

This six-week program will integrate a variety of exercises and drills, all with the purpose of improving punching power. This program will not take precedence over skill training objectives such as heavy bag training, focus mitt work, and sparring. On the contrary, this program will supplement your conventional training regimen.

I have seen many strength training programs designed for boxers that lack one important characteristic, an appreciation for the intense training schedule of a competitive fighter. You must not spend too much time in the weight room. Excessive weight training will detract from skill training and conditioning, two integral elements of fight preparation. This program will complement these elements, not replace them. This program will incorporate strength training, plyometrics, complex training, core training, and various hand speed drills. Each piece of the puzzle has been systematically placed throughout the week, with consideration for skill training, conditioning, and recovery.

In the next section, I will summarize the technical components of this program.

The Specifics

This program will supplement a traditional boxing regimen. The objective is to increase explosive power and speed. The primary components of this program include:

- Strength Training
- Plyometrics
- Complex Training
- Hand Speed Drills
- Core Training

This training program will help the aspiring boxer overcome the popular belief that power cannot be produced.

Important Note – This program is not intended for beginning athletes. Conversely, this is an advanced power development program designed for experienced athletes. It is important that you possess general strength before attempting the routines that follow.

Important Concepts

Understanding This System

Throughout this program, you will perform a variety of high speed, high intensity exercises with the goal of improving punching power.

Before discussing the specific aspects of this program, it is important for you to understand the logic behind this system. I encourage you to read through this section closely.

Our goal is to improve punching power. To do so effectively, one must accurately understand the definition of “power”. What exactly are we training to improve? Power is commonly defined with the following equation:

Power = Force x Velocity

Power involves a combination of speed and strength. It is the rate at which work is done. To be an effective puncher, you must maximize force in the shortest possible time.

Muscle Fibers

We each possess a unique arrangement of muscle fibers. A certain percentage of the fibers are fast twitch (white fiber) while the remaining fibers are slow twitch (red fiber). The ratio of fast to slow twitch fiber is determined genetically before birth.

Slow twitch fibers (Type I) support performance in endurance activities. Slow twitch muscle fibers are responsible for the sustained cardiovascular endurance evident in athletes such as marathon runners. Slow twitch fibers are aerobic in nature. They have an inherent ability to use oxygen and perform for extended periods of time. These aerobic muscles contract much slower than white muscle fibers.

Fast twitch fibers (Type II) predispose a person to explosive movements. Fast twitch fibers are responsible for the explosive punching power that Mike Tyson possessed as a boxer. This program will target the fast twitch muscle fibers.

Motor Units

Muscle fibers are grouped into motor units. A motor unit contains hundreds of muscle fibers and one nerve, which delivers a signal to the muscle fibers. When a signal is passed for the motor unit to contract, all of the fibers within that motor unit contract. This concept is known as the "all or none principle". Furthermore, all of the muscle fibers contained within the motor unit are of the same type (fast twitch or slow twitch).

More importantly, not all motor units are activated at the same time. Low intensity exercise will not activate the fast twitch muscle fibers. If the exercise does not stimulate a fast twitch motor unit, the muscle fibers contained within the unit will not adapt to the training. If a motor unit is not recruited during the exercise, no response occurs.

This principle is extremely important when conducting a power training program. We must activate as many fast twitch muscle fibers as possible to generate the greatest possible response. Fast twitch muscle fibers are responsible for explosive muscle actions. We must target these fibers when training to improve punching power.

Muscle Fiber Recruitment

Intensity of exercise is one controllable factor that influences muscle fiber recruitment. The recruitment of muscle fiber is regulated by the nervous system.

Low intensity exercise activates slow twitch fibers. As exercise intensity increases, the recruitment of fast twitch fibers begins to take place.

The human body is an “intelligent” system. Specific muscle fibers are recruited based on the physical demands imposed by a particular activity. For example, pressing a 5-pound dumbbell does not require fast twitch muscle fiber. The body activates slow twitch fibers to accommodate this movement. As force demands increase for a specific activity (ex. lifting a heavy object), higher threshold motor units are recruited. These motor units contain more powerful, fast twitch muscle fibers.

Our goal is to maximize the activation of fast twitch muscle fibers. These are the muscle fibers responsible for power, hence the importance of recruiting as many of these fibers as possible. As you recruit additional motor units, your power capacity improves proportionately.

No Miracles

The ability to positively influence muscle fiber recruitment takes time. There are no overnight miracles to power punching development. Your body needs time to adapt and grow more powerful.

Lifting light weights for high repetitions will not improve power output. This style of weight training is only useful for muscular endurance. Many boxing coaches wrongly discredit heavy weight training, instead opting for extremely light weights. These coaches have designed their programs based on tradition, rather than science. To improve power (activate fast twitch fibers), you must lift heavy.

Let's review the specific elements of this six-week training program.

Strength Training

Strength training is one element of this power training program. The strength workouts will be performed two days each week. These workouts will focus on multi-joint exercises (compound), using heavy weights. Multi-joint exercises target multiple muscle groups, placing a great demand on the nervous system. This style of training will increase performance, balance, coordination, and core stability. You will develop power and athleticism.

Speed Strength

This program will emphasize improvements in Speed Strength. Speed strength consists of both Starting Strength and Explosive Strength.

Starting strength: Starting strength refers to your ability to activate as many muscle fibers as possible. You must activate fast twitch muscle fibers for explosive movements such as punching.

Explosive strength: Explosive strength is an extension of starting strength. Once the muscle fibers are activated (starting strength), your ability to keep the muscle fibers “turned on” is dependent on explosive strength. Consider the sprinter who begins a race with tremendous speed. This sprinter exhibits starting strength with his fast takeoff. If the sprinter can maintain his speed, he exhibits explosive strength.

Dumbbell Training

This training program will require the use of dumbbells and barbells. Certain movements are impossible to perform with dumbbells, while others are impossible to perform with barbells.

Although often neglected, dumbbells provide several benefits over traditional strength training. Dumbbell training forces each of your limbs to operate independently. Most athletes have strength and coordination differences (often significant) between the right and left side. When training with dumbbells, the dominant side is unable to assist its weaker counterpart. The weaker side must operate on its own, which leads to improvements in strength and coordination.

Plyometrics

This program implements plyometric movements with several training modalities (ex. medicine ball, weighted resistance, bodyweight). Plyometrics are explosive exercises that enhance starting speed, acceleration, and power. Plyometrics consist of explosive movements designed to improve power output and neural activation of the muscles. By training the nervous system, plyometrics teach the body to react with speed and power. Plyometric training is not a fad. World-class athletes have successfully used plyometrics for decades.

The benefits of plyometrics are best explained by studying the Stretch-Shortening Cycle (SSC). As a muscle lengthens, it contracts and produces elastic energy. The force applied to the muscle increases. The muscle then contracts concentrically. The muscle shortens and the energy that has been stored dramatically increases the force of the contraction.

During the eccentric contraction, the muscle stores elastic energy. Muscular tension increases. The elastic energy that has been stored is available for powerful, dynamic movements. By stretching the muscle before it contracts, the muscle contracts with greater force. A consistent plyometric training program will

increase the efficiency of the stretch-shortening cycle. Plyometrics train the muscles to store more elastic energy, teaching the muscles to develop more power in less time.

Plyometrics train the muscles to maximize force as fast as possible. To achieve these objectives, you must perform each plyometric movement with maximal intensity. Each repetition requires a max effort. Training intensity is imperative when conducting plyometric drills.

When used correctly, plyometric exercise is time efficient and effective. Plyometric techniques can simulate specific movements such as punching. This program will implement several drills designed specifically for punching power optimization.

Medicine Ball

The medicine ball is a tremendous tool for explosive speed development. This program utilizes a traditional medicine ball, as well as a smaller 5-pound “hand-ball”. Medicine balls are excellent training tools that allow you to accelerate from start to finish.

There is no deceleration when punching. The fist strikes its target directly with maximum power. You do not decelerate the arm throughout the movement. Conversely, when training with weights, you must decelerate at the end of the movement. If not, you would launch the barbell into the air, and out of control.

Medicine ball training overcomes this limitation. The medicine ball allows you to transfer maximal force with complete acceleration. This form of training provides obvious benefits when training to improve power.

Complex Training

Complex training integrates strength training, plyometrics, and sport-specific movement. Strength training alone will not maximize speed and power. By integrating plyometrics with strength training, you add the benefit of improving rate of force. Rate of force is the speed with which force is achieved in movement.

Complex training activates the nervous system and fast twitch muscle fibers. You “start the engine” with a strength training exercise, and then “blast off” with a plyometric movement. The strength exercise activates fast twitch muscle fibers (the fibers responsible for explosive power). You conclude the set with a plyometric movement to effectively target these explosive muscle fibers. The plyometric exercise stresses those muscle fibers that have been activated by the

strength training movement. During this activated state, the muscles have a tremendous ability to adapt. Complex training targets the nervous system and muscle fibers simultaneously. This form of training can teach slow twitch fibers to perform like fast twitch fibers.

Complex training is one of the most advanced forms of training. Adequate rest between sets is essential to ensure maximum results. After each complex set is complete, you must allow time for the muscles to recover. Failure to rest between sets will strain the aerobic system. You do not conduct complex training for its aerobic benefits. Typical rest periods between complex training routines range from 2 to 5 minutes. A sample complex training set is listed below:

- Power cleans
- Overhand medicine ball throws
- Rest 2-5 minutes before proceeding to next set

This program will integrate a variety of strength exercises with plyometric movements and sport-specific drills such as punching. Together, these drills will increase explosive punching power.

Hand Speed Training

In addition to strength training and plyometrics, this program requires several hand speed training sessions. You will perform brief punching drills using **light** hand weights. Notice how I have highlighted the word **light**. The most common error in weighted speed work is the use of too much resistance. “More” is not better when training for speed. You must move the hands as fast as possible to generate real improvements in speed.

If you add too much weight to the movement, the resistance will develop improper recruitment patterns, as your arms become accustomed to lifting “upwards” to prevent the heavy weights from falling. You will be fighting gravity, rather than focusing on proper punching mechanics. Traditional sparring gloves weigh 16 ounces (1 pound). You do not need more than 1-3 pounds for these drills.

Many fighters make the mistake of shadow boxing with heavy weights. They believe that the heavy weights will improve hand speed when boxing with smaller gloves. One of the most common misconceptions associated with resisted speed work is the initial feeling that occurs after dropping the weights. Most boxers remove the heavy hand weights, throw a few punches, and say...

“Wow, my hands feel fast!”

It is natural to “feel” fast when removing the weights, but this does not mean your hands are actually moving any faster.

Does a track athlete run with 50 pounds on his back when training to improve speed?

Of course not!

The principles that apply to speed development for sprinters also apply to hand speed training for boxers. When training for speed, you must move the hands as fast as possible. Train with brief, intense sessions, always allowing adequate rest between drills. If you use too much weight, you will not move the hands fast enough to generate improvements. This program will integrate light hand weight drills with non-weighted drills (just your hands). You must perform each drill with maximal intensity.

Train fast to be fast.

Important Principles

- Hand speed drills must be performed when the body is fresh. Do not perform these drills when fatigued.
- Never train to failure when training hand speed. Focus on short, intense bursts of speed, with adequate rest between sets. Hand speed training is **not** the same as endurance training.
- Do not add too much weight to the movement. Light hand weights are ideal. More is not better when training hand speed with weights.
- Stay relaxed when punching. A tense puncher is a slow puncher.
- There is no substitute for proper punching mechanics. Master the fundamentals of boxing before attempting any hand speed drills.

Core Strength

The core is the body’s center of mass. It is the foundation for the arms and legs. Core training must target the abdomen, hips, torso, trunk, and low back. The core provides stability in movement. The core muscles lie deep within the torso. These muscles stabilize the spine and provide the foundation for movement. All movements begin at the core. As you move, your ability to generate force

transcends through these muscles. Core strength directly influences your ability to develop force.

Ground-based activities are coordinated at the core. Proper core training programs must strengthen the back, hips, and torso, not just the abdominal wall. A complete core program will focus on much more than traditional crunches and sit-ups. You must also train the core while standing. Athletic motion takes place on your feet. The strength achieved while lying down does not always transfer to the standing position.

Do not neglect the core. It directly affects your ability to develop force. A powerful core is important for athletic movement. When you punch, you activate the muscles of the core. The abdomen and back work in harmony to control movement of the trunk. The force generated when punching travels through the core and trunk regions.

Core training is essential for athletic performance and injury prevention. The core allows you to generate powerful movements. A strong torso is required to stabilize the body to efficiently transfer force. If your core is weak, you are weak. You are vulnerable to injury and will never realize true strength potential.

Summary

This program was developed specifically for fighters seeking to enhance explosive punching power. Although many trainers are convinced that punchers are only born and not produced, we are all capable of significant improvements. Do not allow an old school trainer to dissuade you from improving power. We were not all created equal in terms of genetic ability, but we were all created with the ability to improve. Take the initiative to improve and you will observe undeniable results.

The Program

This six-week training program is divided into two phases. Each phase lasts for three weeks. Workouts will increase in intensity throughout the six-week period.

Weeks 1-3 begin with plyometric (medicine ball) workouts on Monday and Friday. Weight training workouts are conducted on Wednesday and Saturday. Plyometrics and weight training are combined during Weeks 4-6 to create a Complex Training routine.

Equipment Requirements

- Free weights (barbell and dumbbells)
- Medicine ball weighing 10-15 pounds
- Mini-ball (fitness ball) weighing 5-8 pounds. (I recently purchased a 5-pound ball made by Athletic Works. The ball cost less than \$8)
- Light hand weights for hand speed drills

Weeks 1-3

- Hand speed drills on Monday and Friday
- Plyometrics on Monday and Friday
- Weight training on Wednesday and Saturday
- Dedicated core training on Monday, Wednesday, and Saturday

Weeks 4-6

- Hand speed drills on Monday and Friday
- Plyometrics on Monday
- Complex training on Wednesday and Saturday
- Dedicated core training on Monday, Wednesday, and Saturday

Sunday is the designated rest day. Tuesday and Thursday are reserved for sparring.

The following page provides an overview of the six-week program. I will then describe each week's requirements.

Punching With Power

Six-Week Program Overview

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Plyometrics Hand Speed Core	Sparring	Weight Training Core	Sparring	Plyometrics Hand Speed	Weight Training Core	Rest Day
Plyometrics Hand Speed Core	Sparring	Weight Training Core	Sparring	Plyometrics Hand Speed	Weight Training Core	Rest Day
Plyometrics Hand Speed Core	Sparring	Weight Training Core	Sparring	Plyometrics Hand Speed	Weight Training Core	Rest Day
Plyometrics Hand Speed Core	Sparring	Complex Training Core	Sparring	Hand Speed	Complex Training Core	Rest Day
Plyometrics Hand Speed Core	Sparring	Complex Training Core	Sparring	Hand Speed	Complex Training Core	Rest Day
Plyometrics Hand Speed Core	Sparring	Complex Training Core	Sparring	Hand Speed	Complex Training Core	Rest Day

Weeks 1-3

Weight Training Overview

WEEK 1 (Wednesday)		
Exercise	Sets	Reps
Front Squat Push Press	3	4-6
Upright Neider Press	2	8 per side
Neider Press	2	6
Dumbbell Snatch	3	6 per side
Dumbbell Swing	3	6 per side
Weighted Pull-ups	3	4-6

WEEK 1 (Saturday)		
Exercise	Sets	Reps
Dumbbell Hang Clean and Press	3	5-6
Power Clean	3	4-5
Upright Neider Press	2	8 per side
Neider Press	2	6
Lunge Twist	3	6 per side
Dumbbell Swing	3	6 per side

WEEK 2 (Wednesday)		
Exercise	Sets	Reps
Front Squat Push Press	3	4-6
Upright Neider Press	3	8 per side
Advanced Plyometric Pushup	3	10
Dumbbell Snatch	3	6 per side
Dumbbell Swing	3	6 per side
Weighted Pull-ups	3	4-6

WEEK 2 (Saturday)		
Exercise	Sets	Reps
Push Press	3	5-6
Power Clean	3	4-5
Upright Neider Press	3	8 per side
Advanced Plyometric Pushup	3	10
Weighted Step-ups	3	6 per side
Dumbbell Swing	3	6 per side

WEEK 3 (Wednesday)		
Exercise	Sets	Reps
Front Squat Push Press	3	3-5
Upright Neider Press	3	6 per side
Neider Press	3	5
Dumbbell Snatch	3	5 per side
Dumbbell Swing	3	6 per side
Weighted Pull-ups	3	4-6

WEEK 3 (Saturday)		
Exercise	Sets	Reps
Dumbbell Hang Clean and Press	3	4-5
Power Clean	3	3-5
Upright Neider Press	3	6 per side
Neider Press	3	5
Lunge Twist	3	6 per side
Dumbbell Swing	3	6 per side

NOTES

- Front Squat Push Press can be performed with a barbell or dumbbells
- Push Press can be performed with a barbell or dumbbells
- Power Cleans should be performed with a barbell (if available)
- Advanced Plyometric Pushup refers to either weighted, elevated feet, or depth pushups (see page 62-63)
- Limit rest between sets (60 to 90 seconds)
- Weighted Pull-ups can be performed by wearing a weighted vest, a weighted backpack, or by hanging a plate between the legs. The least expensive option is to fill a backpack with freezer bags that are filled with sand.

Weeks 4-6

Complex Training Overview

WEEK 4 (Wednesday)		
Exercise	Sets	Reps
Twisting Dumbbell Snatch	3	6-8 per side
Front Squat Push Press	3	3-5
Med Ball Slam	3	5
Upright Neider Press	3	5 per side
Mini-Ball Punching	3	5 per side
Advanced Plyometric Pushup	3	8-10
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Double Dumbbell Swing	3	6-8
Uppercut Punching (with 5 lb weights)	3	10 punches

WEEK 4 (Saturday)		
Exercise	Sets	Reps
Dumbbell Snatch	3	5 per side
One-Arm Dumbbell Clean and Press	3	3-4 per side
Med Ball Shot Put Throw	3	6 per side
Neider Press	3	5
Advanced Plyometric Pushup	3	5
Weighted Step-ups	3	6 per side
Lateral Jumps	3	8
Weighted Pull-ups	3	4-6
Med Ball Overhand Throw	3	5

WEEK 5 (Wednesday)		
Exercise	Sets	Reps
Twisting Dumbbell Snatch	3	6 per side
Front Squat Push Press	3	3-4
Med Ball Slam	3	6
Upright Neider Press	3	4 per side
Mini-Ball Punching	3	6 per side
Neider Press	3	5
Plyometric Pushup	3	5
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Double Dumbbell Swing	3	6-8
Uppercut Punching (with 5 lb weights)	3	10 punches

WEEK 5 (Saturday)		
Exercise	Sets	Reps
Dumbbell Snatch	3	4 per side
One-Arm Dumbbell Clean and Press	3	3-4 per side
Med Ball Shot Put Throw	3	6 per side
Advanced Plyometric Pushup	3	8
Med Ball Chest Pass	3	8
Lunge Twist	3	6 per side
Lateral Jumps	3	10
Weighted Pull-ups	3	4-6
Med Ball Overhand Throw	3	6

WEEK 6 (Wednesday)		
Exercise	Sets	Reps
Twisting Dumbbell Snatch	3	4-6 per side
Front Squat Push Press	3	3
Med Ball Slam	3	8
Upright Neider Press	3	4 per side
Mini-Ball Punching	3	6 per side
Advanced Plyometric Pushup	3	5
Med Ball Chest Pass	3	5
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Double Dumbbell Swing	3	6-8
Uppercut Punching (with 5 lb weights)	3	10 punches

WEEK 6 (Saturday)		
Exercise	Sets	Reps
Dumbbell Snatch	3	4 per side
One-Arm Dumbbell Clean and Press	3	2-3 per side
Med Ball Shot Put Throw	3	6 per side
Neider Press	3	5
Advanced Plyometric Pushup	3	5
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Weighted Step-ups	3	6 per side
Lateral Jumps	3	10
Weighted Pull-ups	3	4-6
Med Ball Overhand Throw	3	8

NOTES

- Front Squat Push Press can be performed with a barbell or dumbbells
- Complex circuits are grouped by lines. For example, Front Squat Push Press and Medicine Ball Slams are performed as one circuit on Wednesday, Week 4. There is no rest between these two movements. Allow adequate rest between each circuit.
- The notation 4 x (1-2-1-2) indicates four combinations, each consisting of 1-2-1-2, where 1=jab, 2=cross. A video clip is available demonstrating this drill on the heavy bag (**Push Press + Hand Speed Drill**). If a bag is not accessible, stick with non-weighted shadow boxing, throwing each combination as fast as possible.
- When performing Upright Neider Press + Mini-Ball Punching, train one side at a time.

Weeks 1-3

Plyometric Overview

WEEK 1 - Monday		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

WEEK 1 - Friday		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

WEEK 2 - Monday		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

WEEK 2 - Friday		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

WEEK 3 - Monday		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

WEEK 3 - Friday		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

Weeks 4-6

WEEK 4 - Monday		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	6 per side
Mini-Ball Jab	3	6 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

WEEK 5 - Monday		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	6 per side
Mini-Ball Jab	3	6 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

WEEK 6 - Monday		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	6 per side
Mini-Ball Jab	3	6 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

NOTES

1. Perform these workouts as a circuit. You will perform one set of each exercise, limiting rest between exercises to 10-30 seconds. Upon completing one circuit (all of the exercises), you will rest 1-2 minutes before completing a second circuit. Each workout requires three circuits (sets).
2. Increase the intensity of each effort throughout the six-week program. Volume remains steady throughout the plyometric sessions. It is your responsibility to increase the effort generated behind each throw.
3. Progression can also be achieved by increasing the weight of the ball.
4. There are no plyometric sessions on Friday during Weeks 4-6. The Complex Training routines on Wednesday and Saturday will include many plyometric movements.

Weeks 1-6

Hand Speed Overview

WEEK 1 - Monday			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	3	20 seconds

WEEK 1 - Friday			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	3	20 seconds

WEEK 2 - Monday			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	20 seconds

WEEK 2 - Friday			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	20 seconds

WEEK 3 - Monday			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	30 seconds

WEEK 3 - Friday			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	30 seconds

WEEK 4 - Monday			
Description	Weight	Sets	Punches
Uppercut Drill	3-5 lbs.	4	20
1-2-1-2	1-3 lbs.	6	4
4-3-4-3	1-3 lbs.	6	4
2-3-2-3	1-3 lbs.	6	4
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

WEEK 4 - Monday			
Description	Weight	Sets	Punches
1-2-1-2	1-3 lbs.	6	4
4-3-4-3	1-3 lbs.	6	4
2-3-2-3	1-3 lbs.	6	4
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

WEEK 5 - Monday			
Description	Weight	Sets	Punches
Uppercut Drill	3-5 lbs.	4	20
1-2-1-2-1-2	1-3 lbs.	6	6
4-3-4-3-4-3	1-3 lbs.	6	6
2-3-2-3-2-3	1-3 lbs.	6	6
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

WEEK 5 - Monday			
Description	Weight	Sets	Punches
1-2-1-2-1-2	1-3 lbs.	6	6
4-3-4-3-4-3	1-3 lbs.	6	6
2-3-2-3-2-3	1-3 lbs.	6	6
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

WEEK 6 - Monday			
Description	Weight	Sets	Punches
Uppercut Drill	3-5 lbs.	4	20
1-2-1-2-1-2-1-2	1-3 lbs.	6	8
4-3-4-3-4-3-4-3	1-3 lbs.	6	8
2-3-2-3-2-3-2-3	1-3 lbs.	6	8
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

WEEK 6 - Monday			
Description	Weight	Sets	Punches
1-2-1-2-1-2-1-2	1-3 lbs.	6	8
4-3-4-3-4-3-4-3	1-3 lbs.	6	8
2-3-2-3-2-3-2-3	1-3 lbs.	6	8
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

NOTES

1. **Punch Out** drills are performed for time (ex. 20 seconds). You can monitor time with a sports watch. Allow 1-minute of rest between each set.
2. Rest 60 seconds or less between **Uppercut Drills**.
3. Rest approximately 5 seconds between hand speed combinations (Weeks 4-6). See Pages 70-71 for a complete description. You can also view a video demonstration.

Weeks 1-3

Core Training Overview

WEEK 1 - Monday		
Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	10
Turkish Get-up	1 per arm	5-8

WEEK 1 - Wednesday		
Exercise	Sets	Reps
Deadlift Twist	3	6 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	15
Supermans	3	10-12

WEEK 1 - Saturday		
Exercise	Sets	Reps
Deadlift Twist	3	6 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	10
Finish with Plank	1	Time

WEEK 2 - Monday		
Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	15
Turkish Get-up	1 per arm	5-8

WEEK 2 - Wednesday		
Exercise	Sets	Reps
Deadlift Twist	3	6 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	10
Supermans		10-12

WEEK 2 - Saturday		
Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	15
Finish with Plank	1	Time

WEEK 3 - Monday		
Exercise	Sets	Reps
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	15
Turkish Get-up	1 per arm	5-8

WEEK 3 - Wednesday		
Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	20
Supermans	3	10-12

WEEK 3 - Saturday		
Exercise	Sets	Reps
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	15
Finish with Plank	1	Time

Notes on following page

Weeks 4-6

Core Training Overview

WEEK 4 - Monday		
Exercise	Sets	Reps
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	20
Turkish Get-up	1 per arm	5-8

WEEK 4 - Wednesday		
Exercise	Sets	Reps
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	15
Finish with Plank	1	Time

WEEK 4 - Saturday		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	20

WEEK 5 - Monday		
Exercise	Sets	Reps
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	20
Turkish Get-up	1 per arm	5-8

WEEK 5 - Wednesday		
Exercise	Sets	Reps
Deadlift Twist	3	4 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	25
Finish with Plank	1	Time

WEEK 5 - Saturday		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	20

WEEK 6 - Monday		
Exercise	Sets	Reps
Deadlift Twist	3	4 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	25
Turkish Get-up	1 per arm	5-8

WEEK 6 - Wednesday		
Exercise	Sets	Reps
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	20
Finish with Plank	1	Time

WEEK 6 - Saturday		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Deadlift Twist	3	4 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	25

NOTES

1. I recommend training Weighted Sit-ups and Russian Twists from an incline if possible (ex. incline bench or slant board).
2. When performing V-ups and Supermans together, **or** Knee Hugs and Supermans together (Wednesday, Weeks 1-3), I recommend combining the two movements into a circuit. For example, perform V-ups x 15, and then follow with Supermans x 12. Repeat this circuit 3 times. The other exercises should be performed with standard sets. Limit rest to 60 seconds or less between movements.
3. Gradually increase the weight used during Weighted Sit-ups, Full Contact Twists, Side Bends, Turkish Get-ups, and Deadlift Twists.
4. Add weight to V-ups, Knee Hugs, and Supermans for a greater challenge.

Program Summary

- This program has been designed with the assumption that you will be training six days per week (Monday through Saturday).
- Weight training workouts will be performed on Wednesday and Saturday. These weight-training workouts will progress to complex training routines during Weeks 4-6. Wednesday and Saturday are dedicated to power training. During these two days, you should avoid intense skill training sessions such as bag work, mitt work, and sparring. Limit boxing training on these days to low impact exercises (ex. shadow boxing, double-end bag, and speed bag).
- Each weight training session should begin with the warm-up circuit on page 42.
- You should increase the weight as you progress through this program. The number of required repetitions decreases throughout the six-week program. As the repetitions decrease, the weight that you are lifting should increase.
- Dedicated core training workouts will be performed on Monday, Wednesday, and Saturday. These workouts are designed to strengthen the entire core. Less intense calisthenics (ex. crunches) are permissible on Tuesdays and Thursdays, but do not perform additional weighted core work.
- Plyometric sessions will take place on Monday and Friday during Weeks 1-3. The Friday session will be removed during Weeks 4-6.
- Hand speed drills will be performed Monday and Friday throughout the program.
- There are no power training activities on Tuesday and Thursday. These days should be dedicated to skill training (ex. sparring) and conditioning. Monday and Friday are secondary skill training days. Skill training includes activities such as heavy bag training, focus mitt work, sparring, and partner drills. These days are also ideal for sport-specific conditioning (ex. heavy bag drills). Refer to Appendix I for a sample program.
- Due to the intensity of this program, you should reduce your roadwork (running) schedule to four days per week. I recommend interval training on Monday and Friday, with less intense sessions on Tuesday and Thursday. A six-week roadwork program is provided on page 76.

Daily Workouts

Monday - Week 1

HAND SPEED

Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	3	20 seconds

PLYOMETRICS

Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

CORE TRAINING

Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	10
Turkish Get-up	1 per arm	5-8

Wednesday - Week 1

WEIGHT TRAINING

Exercise	Sets	Reps
Front Squat Push Press	3	4-6
Upright Neider Press	2	8 per side
Neider Press	2	6
Dumbbell Snatch	3	6 per side
Dumbbell Swing	3	6 per side
Weighted Pull-ups	3	4-6

CORE TRAINING

Exercise	Sets	Reps
Deadlift Twist	3	6 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	15
Supermans	3	10-12

Friday - Week 1

HAND SPEED

Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	3	20 seconds

PLYOMETRICS

Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

Saturday - Week 1

WEIGHT TRAINING

Exercise	Sets	Reps
Dumbbell Hang Clean and Press	3	5-6
Power Clean	3	4-5
Upright Neider Press	2	8 per side
Neider Press	2	6
Lunge Twist	3	6 per side
Dumbbell Swing	3	6 per side

CORE TRAINING

Exercise	Sets	Reps
Deadlift Twist	3	6 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	10
Plank	1	For time

Monday - Week 2

HAND SPEED			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	20 seconds

PLYOMETRICS		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

CORE TRAINING		
Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	15
Turkish Get-up	1 per arm	5-8

Wednesday - Week 2

WEIGHT TRAINING		
Exercise	Sets	Reps
Front Squat Push Press	3	4-6
Upright Neider Press	3	8 per side
Advanced Plyometric Pushup	3	10
Dumbbell Snatch	3	6 per side
Dumbbell Swing	3	6 per side
Weighted Pull-ups	3	4-6

CORE TRAINING		
Exercise	Sets	Reps
Deadlift Twist	3	6 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	10
Supermans	3	10-12

Friday - Week 2

HAND SPEED			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	20 seconds

PLYOMETRICS		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

Saturday - Week 2

WEIGHT TRAINING		
Exercise	Sets	Reps
Push Press	3	5-6
Power Clean	3	4-5
Upright Neider Press	3	8 per side
Advanced Plyometric Pushup	3	10
Weighted Step-ups	3	6 per side
Dumbbell Swing	3	6 per side

CORE TRAINING		
Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	15
Plank	1	For time

Monday - Week 3

HAND SPEED			
Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	30 seconds

PLYOMETRICS		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

CORE TRAINING		
Exercise	Sets	Reps
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	15
Turkish Get-up	1 per arm	5-8

Wednesday - Week 3

WEIGHT TRAINING		
Exercise	Sets	Reps
Front Squat Push Press	3	3-5
Upright Neider Press	3	6 per side
Neider Press	3	5
Dumbbell Snatch	3	5 per side
Dumbbell Swing	3	6 per side
Weighted Pull-ups	3	4-6

CORE TRAINING		
Exercise	Sets	Reps
Full Contact Twist	3	6 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	20
Supermans	3	10-12

Friday - Week 3

HAND SPEED

Description	Weight	Sets	Reps
Uppercut Drill	3-5 lbs.	3	20 punches
Punch Out Drill	1-3 lbs.	4	30 seconds

PLYOMETRICS

Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	8 per side
Mini-Ball Jab	3	8 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

Saturday - Week 3

WEIGHT TRAINING

Exercise	Sets	Reps
Dumbbell Hang Clean and Press	3	4-5
Power Clean	3	3-5
Upright Neider Press	3	6 per side
Neider Press	3	5
Lunge Twist	3	6 per side
Dumbbell Swing	3	6 per side

CORE TRAINING

Exercise	Sets	Reps
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	15
Plank	1	For time

Week 1-3 Summary

1. Tuesday and Thursday are reserved for sparring (no power training).
2. Skill training takes place on Monday, Tuesday, Thursday, and Friday. Skill training is conducted at the boxing gym. Sample activities include sparring, bag work, shadow boxing, partner drills, and one-on-one work with a coach.
3. Four days of roadwork are recommended throughout this six-week program. Monday and Friday morning should be the most intense sessions (ex. hills, sprint work, intervals). Tuesday and Thursday should be less intense (ex. fast paced aerobic work, Fartek). Examples are provided on page 76.
4. Wednesday and Saturday are dedicated to power training. No heavy bag training or sparring. Each weight session should begin with the warm-up circuit on page 42.
 - a. A boxing workout is optional on Wednesday and Saturday. Make your decision based on available time. Limit your activities to shadow boxing, double-end bag training, and speed bag training. Perform these workouts before weight training.
 - i. A sample session could include four rounds of shadow boxing, followed by four rounds of double-end bag training. After performing these activities, you would begin the required weight training session.
 - ii. Another option is to perform shadow boxing in the morning, followed by an evening strength session. I recommend shadow boxing on a daily basis.
5. On Monday and Friday, you should separate hand speed training from plyometrics. For example, perform hand speed drills in the morning, before interval training. You would then rest all day, before your evening session at the boxing gym. You can start the boxing workout with a brief warm-up, followed by the plyometric routine. You would then proceed to skill training (ex. shadow boxing, bag work, focus mitts).
 - a. Another option is to perform plyometrics in the morning, with hand speed training in the evening (as part of the boxing workout).
6. Allow one-minute of rest between Punch Out drills. Uppercut drills should also include one-minute of rest between sets.

7. Allow approximately 1-2 minutes of rest between strength training exercises.
8. Medicine ball drills should be performed as a circuit. You will perform one set of each exercise, with limited rest between exercises, and then rest 1-2 minutes before continuing with a second pass through the circuit.
 - a. You can also perform the medicine ball routines with 30-90 seconds of rest between each exercise. This style of training requires much more time however. It is more convenient and time-efficient to perform the medicine ball exercises as a circuit.
9. Monday, Wednesday, and Saturday include dedicated core sessions. Do not perform weighted core work any other day. These workouts should be conducted at the conclusion of your boxing or weight training session.

Monday - Week 4

HAND SPEED			
Description	Weight	Sets	Punches
Uppercut Drill	3-5 lbs.	4	20
1-2-1-2	1-3 lbs.	6	4
4-3-4-3	1-3 lbs.	6	4
2-3-2-3	1-3 lbs.	6	4
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

PLYOMETRICS		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	6 per side
Mini-Ball Jab	3	6 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

CORE TRAINING		
Exercise	Sets	Reps
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
Knee Hugs	3	20
Turkish Get-up	1 per arm	5-8

Wednesday - Week 4

COMPLEX TRAINING		
Exercise	Sets	Reps
Twisting Dumbbell Snatch	3	6-8 per side
Front Squat Push Press	3	3-5
Med Ball Slams	3	5
Upright Neider Press	3	5 per side
Mini-Ball Punching	3	5 per side
Advanced Plyometric Pushup	3	8-10
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Double Dumbbell Swing	3	6-8
Uppercut Punching (with 5 lb weights)	3	10 punches

CORE TRAINING		
Exercise	Sets	Reps
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
V-ups	3	15
Plank	1	For time

Friday - Week 4

HAND SPEED			
Description	Weight	Sets	Punches
1-2-1-2	1-3 lbs.	6	4
4-3-4-3	1-3 lbs.	6	4
2-3-2-3	1-3 lbs.	6	4
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

Saturday - Week 4

COMPLEX TRAINING		
Exercise	Sets	Reps
Dumbbell Snatch	3	5 per side
One-Arm Dumbbell Clean and Press	3	3-4 per side
Med Ball Shot Put Throws	3	6 per side
Neider Press	3	5
Advanced Plyometric Pushup	3	5
Weighted Step-ups	3	6 per side
Lateral Jumps	3	8
Weighted Pull-ups	3	4-6
Med Ball Overhand Throw	3	5

CORE TRAINING		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Deadlift Twist	3	5 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	20

Monday - Week 5

HAND SPEED			
Description	Weight	Sets	Punches
Uppercut Drill	3-5 lbs.	4	20
1-2-1-2-1-2	1-3 lbs.	6	6
4-3-4-3-4-3	1-3 lbs.	6	6
2-3-2-3-2-3	1-3 lbs.	6	6
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

PLYOMETRICS		
Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Mini-Ball Punch	3	6 per side
Mini-Ball Jab	3	6 per side
Med Ball Overhand Throw	3	8
Med Ball Chest Pass	3	8

CORE TRAINING		
Exercise	Sets	Reps
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	20
Turkish Get-up	1 per arm	5-8

Wednesday - Week 5

COMPLEX TRAINING		
Exercise	Sets	Reps
Twisting Dumbbell Snatch	3	6 per side
Front Squat Push Press	3	3-4
Med Ball Slam	3	6
Upright Neider Press	3	4 per side
Mini-Ball Punching	3	6 per side
Neider Press	3	5
Plyometric Pushup	3	5
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Double Dumbbell Swing	3	6-8
Uppercut Punching (with 5 lb. weights)	3	10 punches

CORE TRAINING		
Exercise	Sets	Reps
Deadlift Twist	3	4 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	25
Plank	1	For time

Friday - Week 5

HAND SPEED			
Description	Weight	Sets	Punches
1-2-1-2-1-2	1-3 lbs.	6	6
4-3-4-3-4-3	1-3 lbs.	6	6
2-3-2-3-2-3	1-3 lbs.	6	6
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

Saturday - Week 5

COMPLEX TRAINING		
Exercise	Sets	Reps
Dumbbell Snatch	3	4 per side
One-Arm Dumbbell Clean and Press	3	3-4 per side
Med Ball Shot Put Throws	3	6 per side
Advanced Plyometric Pushup	3	8
Med Ball Chest Pass	3	8
Lunge Twist	3	6 per side
Lateral Jumps	3	10
Weighted Pull-ups	3	4-6
Med Ball Overhand Throw	3	6

CORE TRAINING		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	15

Monday - Week 6

HAND SPEED			
Description	Weight	Sets	Punches
1-2-1-2-1-2-1-2	1-3 lbs.	6	8
4-3-4-3-4-3-4-3	1-3 lbs.	6	8
2-3-2-3-2-3-2-3	1-3 lbs.	6	8
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

PLYOMETRICS		
Exercise	Sets	Reps
Med Ball Twist Throw	3	8 per side
Mini-Ball Punch	3	6 per side
Mini-Ball Jab	3	6 per side
Med Ball Slam	3	8
Med Ball Chest Pass	3	8

CORE TRAINING		
Exercise	Sets	Reps
Deadlift Twist	3	4 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	25
Turkish Get-up	1 per arm	5-8

Wednesday - Week 6

COMPLEX TRAINING		
Exercise	Sets	Reps
Twisting Dumbbell Snatch	3	4-6 per side
Front Squat Push Press	3	3
Med Ball Slam	3	8
Upright Neider Press	3	4 per side
Mini-Ball Punching	3	6 per side
Advanced Plyometric Pushup	3	5
Med Ball Chest Pass	3	5
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Double Dumbbell Swing	3	6-8
Uppercut Punching (with 5 lb. weights)	3	10 punches

CORE TRAINING

Exercise	Sets	Reps
Full Contact Twist	3	5 per side
Weighted Sit-ups	3	12-15
Seated Twist	3	10 per side
V-ups	3	20
Plank	1	For time

Friday - Week 6

HAND SPEED

Description	Weight	Sets	Punches
1-2-1-2-1-2-1-2	1-3 lbs.	6	8
4-3-4-3-4-3-4-3	1-3 lbs.	6	8
2-3-2-3-2-3-2-3	1-3 lbs.	6	8
1-2-1-2	No weight	4	4
4-3-4-3	No weight	4	4
2-3-2-3	No weight	4	4

Saturday - Week 6

COMPLEX TRAINING

Exercise	Sets	Reps
Dumbbell Snatch	3	4 per side
One-Arm Dumbbell Clean and Press	3	2-3 per side
Med Ball Shot Put Throw	3	6 per side
Neider Press	3	5
Advanced Plyometric Pushup	3	5
Hand Speed Drill (1-2-1-2)	3	4 x (1-2-1-2)
Weighted Step-ups	3	6 per side
Lateral Jumps	3	10
Weighted Pull-ups	3	4-6
Med Ball Overhand Throw	3	8

CORE TRAINING

Exercise	Sets	Reps
Med Ball Side Throw	3	8 per side
Deadlift Twist	3	4 per side
Side Bend	3	8 per side
Russian Twist	3	10-12
Knee Hugs	3	25

Week 4-6 Summary

1. Wednesday and Saturday workouts will consist of complex training. Weight training, plyometrics, and sport-specific movements are integrated into one routine.
2. Begin each complex training session with the warm-up circuit on page 42.
3. When performing complex training routines, minimize rest between the strength training exercise and the plyometric movement. Ensure no less than 90 seconds of rest between each complex training pair. Common rest periods between complex training pairs range from 2-5 minutes. Two or three minutes will suffice in most situations.
4. The **Hand Speed Drill (1-2-1-2)** included during Weeks 4-6 involves four combinations, each consisting of 1-2-1-2 (1=jab, 2=cross). These punches should be thrown without weight. Focus on maximum speed when punching.
 - a. If you have access to a punching bag, these combinations can be thrown against the bag. Wear bag gloves if you use the heavy bag. A video clip has been provided entitled **Push Press + Hand Speed Drill**. Review the video for a demonstration.
5. There is one dedicated plyometric session per week (Monday) during Weeks 4-6. Follow the guidelines outlined in the Week 1-3 summary.
6. Hand speed drills take place on Monday and Friday. The Punch out drills from Weeks 1-3 are replaced with brief combination punching drills. Each combination must be thrown at top speed. Review pages 70-71 for a description of each combination. Also, view the video clips that accompany this program. Each combination is demonstrated.
7. Uppercut drills are included during Monday's hand speed session, but removed on Friday. Weighted uppercut drills will be included during certain complex training sessions.
8. Tuesday and Thursday remain sparring days (no power training).
9. Skill training continues on Monday, Tuesday, Thursday, and Friday.
10. Four days of roadwork should continue throughout Weeks 4-6.

Exercise List

In this section, I will illustrate and describe each of the exercises used throughout this training program. You can view many of these exercises through the video clips that accompany this program.

Warm-up Exercises

Warm-Up Circuit

- | | |
|--------------------|---------------|
| 1. T-pushups | x 6 per side |
| 2. Dumbbell Twist | x 8 per side |
| 3. Ax Swing | x 8 per side |
| 4. Lying Hip Swing | x 8 per side |
| 5. Dirty Dog | x 12 per side |

I recommend this warm-up circuit before each weight training session (Wednesday and Saturday). Perform each exercise consecutively without rest. You can repeat the circuit one or two times. The purpose of the warm-up is to break a sweat and prepare the muscles for more strenuous movements.

T-Pushup – With dumbbells in hand, perform a pushup. As you come up, twist and raise the dumbbell over your shoulder. Alternate between left and right arm. This exercise builds strength and coordination. Perform this exercise with light-to-moderate dumbbells.



Dumbbell Twist – Assume a stable position with the feet shoulder width apart. Hold the dumbbell at chest level with a slight bend in the arms. Twist the dumbbell from side-to-side, keeping the dumbbell in front of the chest throughout the movement. Initiate the movement from your hips and core.



Ax Swing - Swing a dumbbell across the body as if you were swinging an ax. This is an excellent movement for the shoulders, back, and hips. Perform the ax swing from right to left and left to right.



Lying Hip Swing – Lie with the legs straight and hands extended to your sides. Maintain straight legs and swing from left to right. You can increase the difficulty of this exercise by wearing ankle weights.



Bent Knee Hip Swing – This movement can substitute the traditional Lying Hip Swing. Lie with arms out to the side. Flex the legs at a 90-degree angle with a medicine ball between the knees. Lower the knees to the right side, and then to the left. The shoulders and back should remain grounded throughout the movement.



Lying Hip Swing (*with medicine ball*) - A much more difficult variation involves holding a medicine ball between the feet, while swinging extended legs from side-to-side. Swing from side-to-side without touching the feet to the ground. This version is designed for advanced athletes with tremendous hip and core strength.



Dirty Dog - Start on your hands and knees. Raise your leg to the side, keeping the knee bent at a 90-degree angle. This exercise is excellent for the hips. Work both sides evenly.



Strength Training

Power Clean – Begin with the feet approximately 16 inches apart. Grab the bar with an overhand grip, with the hands outside the feet. Your legs will be parallel, with the back straight. Begin by straightening the legs as the bar is lifted from the ground with straight arms. Extend the hips forward as the bar begins to rise. The arms will begin to bend as you pull the bar upward (all in one continuous motion). At this point you will be rising on the toes. As the bar reaches its highest point, you will bend the knees as you “catch” the bar on the upper chest and shoulders. Steps 1-3 should be one continuous movement.

You will then lower the bar to the floor. Each repetition should begin from a stationary position. Do not bounce the bar off the ground to continue with fast-paced repetitions. You will be lifting a heavy load during this movement. After completing one repetition, return the bar to the floor (stop), straighten the arms and continue.



Clean and Press – The Clean and Press starts as a Power Clean. You begin by cleaning the barbell to the upper chest (Step 3 above). From this position, you will inhale and press the barbell overhead. Lower the bar back to the chest, and then down to the floor (**video available**).

Dumbbell Power Clean (one arm) – You can also perform a Power Clean with a dumbbell. When performing dumbbell power cleans, I prefer to train with one dumbbell at a time (ex. left arm power clean, then right arm power clean). By focusing on one arm at a time, you are able to handle much more weight.

You will place a heavy dumbbell between the feet. Bend down until the legs are approximately parallel, the eyes will be looking forward. Drive with the hips as you raise the dumbbell to your shoulder. Alternate between left and right arm. For example, clean the dumbbell with the left arm (to the left shoulder), return the dumbbell to the floor, and clean the dumbbell with the right arm.

Dumbbell Clean and Press (one arm) – I also recommend a Dumbbell Clean and Press. As with the Dumbbell Power Clean, we will be sticking with the one-arm variation. After cleaning the dumbbell to the shoulder, you will press it overhead. Alternate between left and right arm (**video available**).



Front Squat Push Press – This exercise integrates a Front Squat with a Push Press. You will begin by cleaning a barbell to your upper chest. The barbell will rest on the upper chest/front deltoids. Your grip on the bar should be slightly wider than shoulder width. The back will be slightly arched, the toes pointed slightly outward.

Squat until the knees are approximately (or just past) parallel to the floor. From this position, you will thrust upward with a front squat. Extend upward until the legs are straight, and continue by pressing the barbell overhead. This happens in one smooth motion. The upward portion of the movement is explosive and continuous.

This movement can also be performed with dumbbells. The dumbbells will rest on the shoulders as illustrated below. Squat down as you would with the barbell, exploding upward until the dumbbells are extended overhead (**video available**).



Push Press – This exercise begins by cleaning a barbell to your upper chest (exactly as the Front Squat Push Press began). The feet will remain parallel. Initiate this movement by squatting down slightly. From this position, thrust the legs straight, lifting the bar overhead. This exercise involves a continuous thrusting sequence (**video available**).

This movement can also be performed with a pair of heavy dumbbells.

Neider Press – Begin this movement with the feet shoulder width apart. The barbell will be held at the chest, with the knees slightly bent. The elbows will be by your sides. Explode the barbell outward. The bar should travel approximately 20-30 degrees above the shoulders. Focus on exploding outward with each repetition (**video available**).



This movement can also be performed with dumbbells. I prefer a barbell however, as it allows you to handle more weight.

Upright Neider Press – This exercise will simulate the motion involved in punching. You should use a standard 7-foot Olympic barbell. You will perform this exercise with both arms. When training the right arm, the left leg will be positioned in front. Your “stance” will resemble the stance used by a conventional boxer (left foot in front). When training the left arm, the right leg will be positioned in front. Your “stance” will resemble the stance used by a southpaw boxer (right foot in front).



Pivot the hips and turn on the ball of your back foot. Drive the barbell forward as if you were throwing a punch (**video available**).

The leg and hip action should be identical to the motion involved when punching.

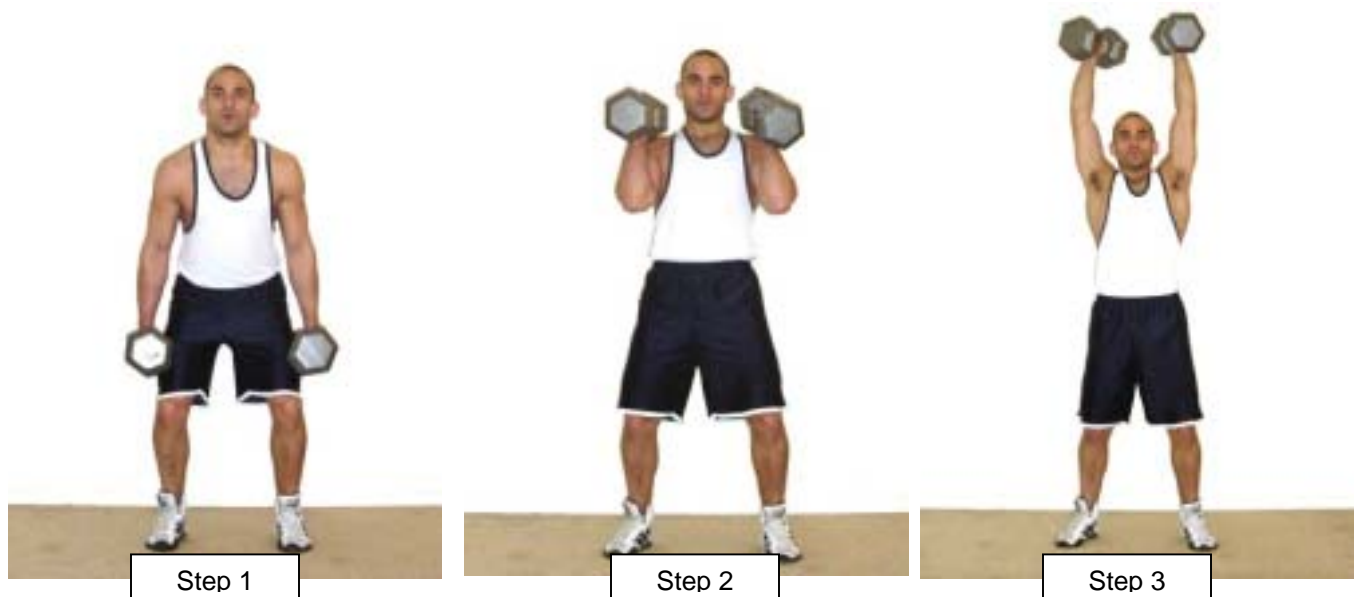
As you can see in the previous illustrations, I have placed a weighted barrier (a sandbag) in front of the barbell to prevent it from sliding after each repetition. You can also place the barbell against the wall if you are using unfinished cement walls. The barbell will damage a finished wall.

Work one side at a time (ex. 8 reps for the right arm). After training one side, change foot positions. For example, if you started with the right arm, you will finish with the left arm. When training the left arm, your right foot will be placed in front (like a southpaw boxer). It will feel awkward to train the non-dominant side. Despite the awkward feeling, you will improve explosive power and coordination throughout both sides of the body.

Notes:

- When adding weight to the barbell, stick with 25-pound plates or smaller. Do not use the larger 45-pound plates. The larger plates will restrict movement. Use smaller plates to promote a more fluid motion.
- If you are too tall for this movement (the barbell is 7-feet long), you can create a platform for the barbell. By elevating the barbell from the floor, you will be able to perform this movement without problems.

Dumbbell Hang Clean and Press – Grab two heavy dumbbells, and hold each by your sides. Sit the hips back to create a slight bend in the knees. From this position, the dumbbells will “hang” from the sides. Clean the dumbbells up to the shoulders. From this position, you will “catch” the dumbbells, before pressing each overhead. Return the dumbbells to the shoulders, and then to the “hang” position (**video available**).



Dumbbell Snatch – Begin by squatting down over a dumbbell with the feet shoulder width apart. Explode upward, keeping the dumbbell close to the body. The snatch involves one fluid motion that continues until the dumbbell is overhead. The dumbbell will remain close to the body as it travels upward. This movement is excellent for explosive hip action and the development of the posterior chain.

Upon completing the snatch, you can lower it to the shoulder, and then to the ground. Use your opposite hand for assistance if the dumbbell is too heavy to lower with one hand. You can lower the dumbbell to the ground after each repetition, or you can lower just short of the ground to maintain a faster pace throughout the movement (**video available**).



Twisting Snatch – The Twisting Snatch is a variation of the traditional Dumbbell Snatch. You will begin with the dumbbell positioned in front of the left foot (when training the right arm). The right leg will be bent and turned towards the dumbbell. Grab the dumbbell with the right hand. Snatch the dumbbell upward, as your body pivots to the right side. Your head will make a 180-degree turn throughout the movement (you begin facing your left, and end facing the right). Pivot both feet as you rotate from left to right. Work both sides evenly.

This movement is more challenging than the traditional snatch. You will not be able to handle as much weight. This exercise will develop tremendous strength throughout the hips (**video available**).

The Twisting Snatch is illustrated on Page 52.

Twisting Snatch



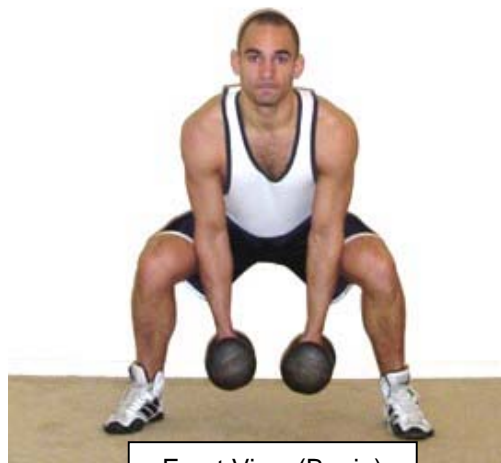
Dumbbell Swing – Begin by squatting down over a dumbbell with the feet shoulder width apart. The thighs will be approximately parallel to the floor. The eyes will look straight ahead. From this position, you will stand up while swinging the weight upward and out, until overhead. You will swing the weight by driving the hips forward.

Once the dumbbell is overhead, you have two options. You can follow the exact path down, returning the dumbbell between the legs, or you can lower the dumbbell to your shoulder first, before lowering it back to the ground. The latter variation can be useful when training with a heavy dumbbell (**video available**).



Double Dumbbell Swing – This variation involves two dumbbells. You will swing two dumbbells at once. For this movement, you should assume a slightly wider than shoulder width stance. You will need the wider stance to accommodate two dumbbells.

Swing both dumbbells overhead with the exact motion used during the one-arm swing. When swinging two dumbbells, use a combined weight that is more than the weight used during one-arm dumbbell swings. For example, if you swing 60 pounds with one hand, you should use 35 or 40-pound (or heavier) dumbbells during the double swing, bringing the combined total to 70 or more pounds. The added weight will dramatically strengthen the hips (**video available**).



Front View (Begin)



Side View (End)

Lunge Twist – The Lunge Twist can be performed with a variety of weighted objects (medicine ball, sandbag, barbell plate). Hold the weight at chest level. Lunge forward, and twist towards your lead leg, bringing the weight to your side. This exercise is excellent for the core. Work both sides evenly (**video available**).



Step-ups – Hold dumbbells by your side. Step one foot onto a bench or secure platform. This foot will remain on top of the bench as you step up with the opposite leg. In the illustration below, my left foot begins on top of the bench. I then step up with my right leg. Next, I lower my right leg back to the floor and continue working this side. The left leg does not come off of the bench until my right side is finished with the set (ex. 8 reps). I then switch legs, placing my right foot on top of the bench, while exercising the left leg.

This movement develops tremendous strength throughout the hips.



Core Movements

Deadlift Twist – This exercise should be performed with a heavy dumbbell. This movement is tremendous for the core musculature.

Begin with the feet shoulder width apart. Squat down with the back flat and grab the dumbbell. Stand up while twisting to your opposing side. You will carry the dumbbell throughout an arc until it reaches your opposite side (ex. right to left side). Lower the weight to the floor outside of your foot. Now grasp the dumbbell with your other hand and repeat the motion back to the other side.

Continue in this back and forth fashion (**video available**).

Illustration provided on page 55.

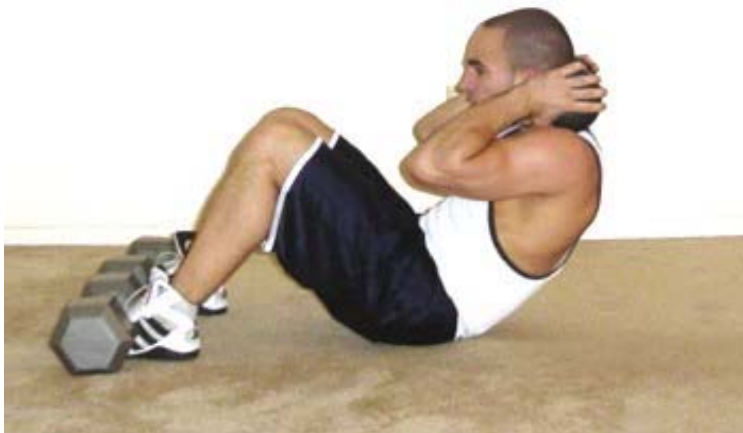
Deadlift Twist:

Russian Twist - Twist from side to side with the arms extended. Add resistance by holding a weight or medicine ball. Maintain a semi-crunch position to keep tension on the abs. Keep your eyes focused on the weight. You can increase the intensity of the Russian Twist by performing the movement from an incline (highly recommended).



Russian Twist from slant board:**Russian Twist from Swiss ball:**

Weighted Sit-up (incline or flat) - Secure your feet under the brace of an incline sit-up board. Lie in the supine position while holding a weight against the chest or behind the head. Perform full range sit-ups, all the way up, and all the way down. If you place the weight behind your head, remember to pull with the abdominal muscles, not with your hands. I prefer to keep the weight behind my head as it adds to the difficulty of the movement.

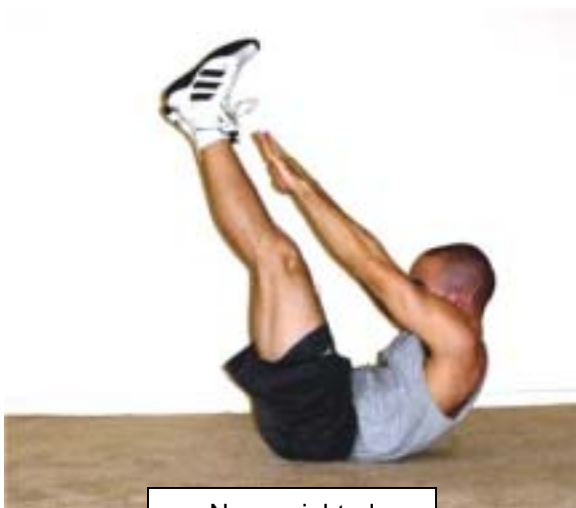
Weighted Sit-up (flat):

Notice how the dumbbell is held behind my head. The dumbbell simply rests behind the head. I do not pull forward with my hands. Let your abdominal muscles perform the work required to complete the full sit-up.

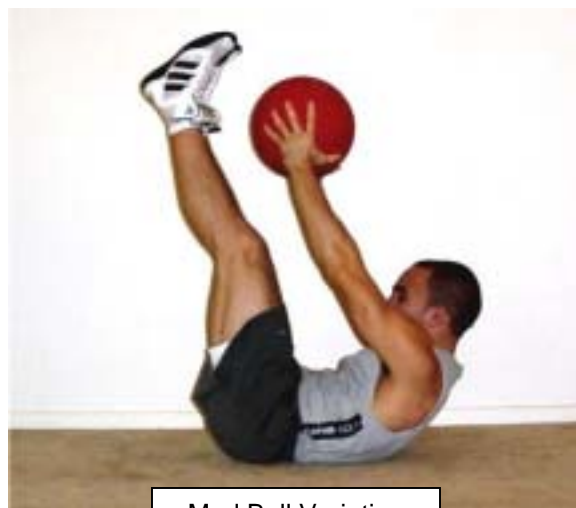
You can add to the intensity by twisting the elbow to knee. For example, twist left elbow to right knee for the first repetition, and then right elbow to left knee for the second repetition.

V-ups (medicine ball variation) - Start from a lying position with the arms extended behind the head. Contract the core, as you thrust the legs and arms together. Your body will come together like the letter "V". Do not allow your feet to touch the ground between repetitions to maintain tension on the abs.

You can hold a weight or medicine ball to increase difficulty.



Non-weighted



Med Ball Variation

Knee Hugs - Start from a lying position with a medicine ball or barbell plate (optional) in hands. Thrust your upper and lower body together until you “hug” your knees. Do not allow your feet to touch the ground between repetitions to maintain tension on the abs. You can also perform this movement without weighted resistance.



Superman - Begin lying face down, with arms and legs fully extended. Lift your arms and legs from the ground so you resemble Superman flying through the air. You can increase the difficulty of this movement by holding a weight while performing this movement.



Weighed Variation:



Plank - The Plank is a tremendous exercise to develop the abdominal wall. Start in a pushup position, and then drop your elbows to the ground. Only your forearms and toes should touch the ground. Keep the back straight and hold.



Traditional Plank



One-arm Variation

Seated Twist - Start with a medicine ball or weight behind your back. Rotate to your right, pick up the ball. Then rotate left until you place the ball behind your back. The ball will make a **circle** around your body. Repeat for the desired number of repetitions, and then reverse the direction of the exercise (ex. 12 to the right, and 12 to the left).



Side Bend – Side Bends are excellent for strengthening the outer oblique areas. Grab a heavy dumbbell in one hand. Bend slowly from side to side without bending forward or backward. You can rest the non-dumbbell hand by your side, or behind your head. If placed behind your head, do NOT pull with this hand. The arm should simply rest behind the head. Use the abdominal muscles to initiate this movement.



Full Contact Twist (Barbell Twist) – Load a barbell on one side, placing the empty end in a corner. In the illustration below, I have placed the barbell's end against a sandbag to prevent it from sliding (and to avoid damaging the wall).

Grab the bar from its end. With straight arms, and a slight bend in the knees, rotate to one side. Pivot on the balls of the feet as you turn. Keep the midsection tensed, using the torso and hips to initiate the movement. Twist left, return to the starting position, and then twist right. Work both sides evenly (**video available**).



Full Contact Twist Variation:

There are several variations to the **Full Contact Twist**. Below I have illustrated one variation. You will begin with the barbell held just off of the ground. The legs will be bent, the back straight, as you look forward. From this position, pivot the hips and turn on the balls of your feet, as you reach the upright position. Upon reaching the finish position, return the barbell to the start position in a controlled fashion and continue. You will work one side at a time (ex. 6 from left to right, then 6 from right to left) (**video available**).



Start Position



Finish Position

Turkish Get-Up –This exercise is excellent for the core. Lie on your back with a dumbbell extended overhead. Maintain a straight arm throughout the movement. Stand up without bending the arm. You can turn to the side to get up on one knee, and then proceed to stand. Train one arm at a time (ex. 5 right, then 5 left). You can use a barbell or sandbag for added difficulty.



Step 1



Step 2



Step 3

Explosive Movements

Plyometric Pushup -

Perform a traditional pushup and explode the upper body into the air. Add a handclap while in the air to increase the difficulty.

When performing these pushups, minimize ground time. You should explode off the ground as fast as possible. Focus on maximum intensity.



ADVANCED VARIATIONS

Certain workouts in this program call for advanced plyometric pushup variations. You can perform any of the following variations.

Pushup Depth Jump – Begin in a pushup position with a platform positioned beside each shoulder. The platform should be approximately 6 inches high. Start with your hands on the ground. Thrust yourself into the air, landing on the raised platform (cement blocks in the picture). Immediately, spring back into the air, landing with your hands on the floor. Continue at a fast pace, minimizing ground contact.



Weighted Vest – You can add to the intensity of the plyometric pushup by wearing a weighted vest while performing the exercise. Do not exceed 10% of your bodyweight when training with these plyometric pushups. I typically use 10 pounds. More is not better when training for explosive speed. These movements must be fast, minimizing ground contact.

Elevated Feet – You can elevate your feet to increase range of motion. In the illustration below, I have elevated my feet, while wearing a weighted vest. This is an excellent (advanced) variation to the plyometric pushup.



Power Over – Power Overs are another variation to consider when performing plyometric pushups. This movement is similar to the traditional plyometric pushup in terms of difficulty. Use a basketball or medicine ball for this exercise. Begin with one hand on the ball, one hand on the floor. Thrust your torso up as if you were performing a pushup. Your torso will be propelled into the air. The hand that started on the ball will head to the floor, while the hand from the floor is thrust upward to the ball.

There will be a split second where the hand that started on the ball is airborne heading down, while the hand from the floor is heading up towards the top of the ball. As soon as your hand reaches the floor, quickly drop down into a pushup position. Immediately explode back up, once again lifting the hands from the floor. Your hands will thrust side to side, from the floor to the ball.

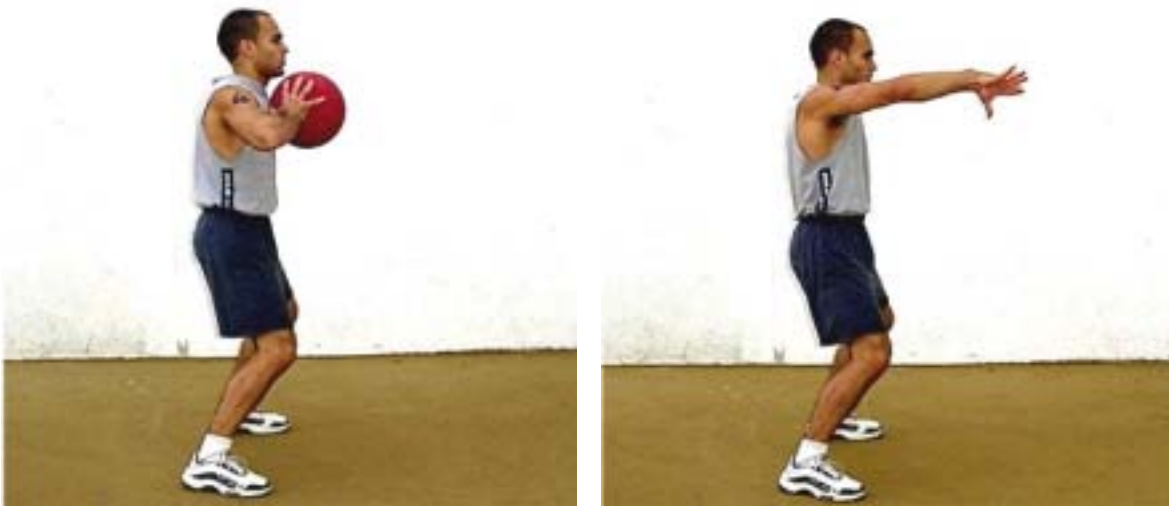


Medicine Ball Training

The following exercises are performed with a medicine ball. I recommend a medicine ball that weighs 10-15 pounds for these exercises. Your focus must be maximal speed throughout the movement. Do not assume that a heavier medicine ball is better. Do not allow your ego to dictate the weight of the medicine ball. If you use too heavy a ball, you will sacrifice speed, which is the true objective of this form of training.

You can perform these exercises with a partner, or alone by throwing the ball against a solid surface such as a cement wall. You will see in the training videos that I throw the medicine ball against a wall. I use a non-bouncing rubber medicine ball. I am able to throw the ball with maximum force without it bouncing out of control.

Chest Pass – Begin with the medicine ball held by your chest. Extend both arms and forcefully propel the ball forward (**video available**).



Shot Put Throw – Begin with the right foot in back and the ball behind your face. Twist the hips and thrust the ball forward. Pivot off your back foot as if you were punching. Perform this exercise for both hands. You will find that your weak hand may feel uncoordinated at first. For example, if you are right handed, it may feel awkward to perform this exercise with your left arm delivering the throw. This exercise closely mimics the act punching. Be sure to explode with great force to achieve maximum results (**video available**).

Illustrated on page 65

Shot Put Throw (continued)

Overhand Throw – Begin with the medicine ball held behind the head with arms bent. Throw the ball forward as if you were throwing a soccer ball into play (**video available**).

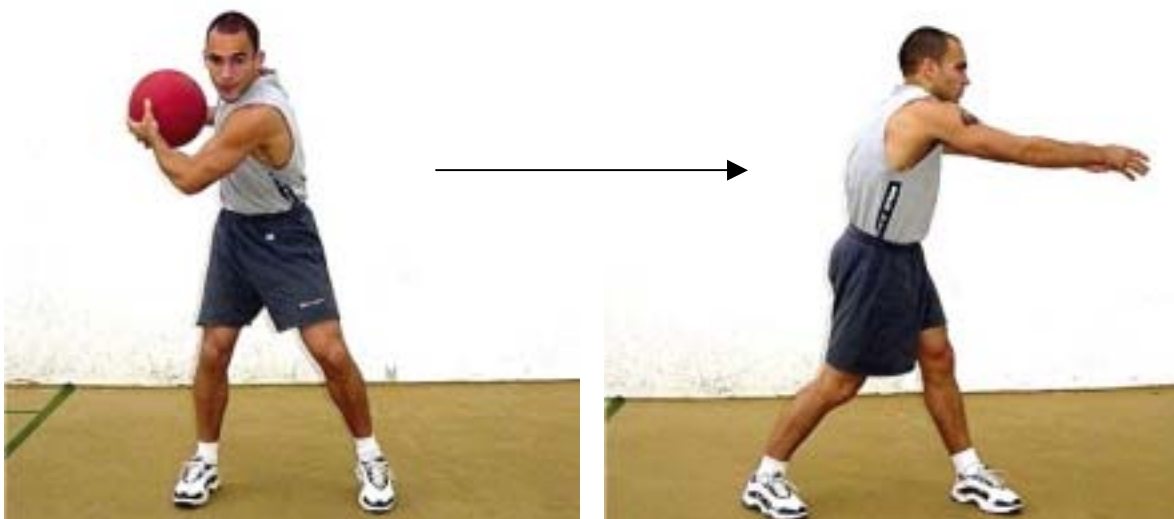


The Overhand Throw is very similar to the Slam described on page 66.

Slam – Start with ball held overhead. Slam the ball to the ground as hard as possible. If you use a bouncing medicine ball, be careful to avoid rebounding the ball back at your face. Tilt your head out of the way if the ball bounces up (**video available**).



Side Throw – Begin with ball behind you and to the side, from a sideways stance. Forcefully rotate the hips as you throw the ball across the body (**video available**).



Twist Throw – Begin facing a wall (as opposed to the sideways stance used for the Side Throw). Rotate to one side, as you pivot on the balls of the feet. Explode back to the center as you propel the ball against the wall. Catch the ball and repeat to the opposite side. Continue back and forth with a brisk pace, focusing on maximal intensity with each throw. This exercise will develop the rotational strength required for power punching (**video available**).



Mini-Ball Drills

The following exercises are performed with a “mini-medicine ball” (also known as a fitness ball). These balls are small enough to grasp with one hand, commonly weighing 5 or 6 pounds. These weighted balls are inexpensive and effective. You can purchase a 5-pound ball for less than \$10. When selecting a ball, choose one that is small enough to grasp with one hand. There are video clips available where I demonstrate these drills with a 5-pound ball.



Mini-Ball Punching– Assume your boxing stance with ball in hand. You will be required to train both sides (left and right arm). You will assume the southpaw stance when training the left arm (right foot in front), and the conventional stance when training the right arm (left foot in front as illustrated on page 68). Pivot on the ball of your back foot, as your arm fires the ball forward with the motion of a punch. Turn the shoulder and release the ball with maximal intensity.

Mini-Ball Punching (continued)

This movement is very similar to the previously described Shot Put Throw, except there is no assistance from the non-working hand. The mini-ball must be small enough to hold with one hand. This will allow you to closely simulate the motion of an actual punch. This exercise is an excellent example of sport-specific movement. By using the smaller medicine ball, you can perfectly mimic the motion of punching. You will perform this exercise at top speed, without deceleration. This movement is one of the best for improving explosive speed when punching (**video available**).

In Step 3, the non-bouncing ball falls to the ground, rather than bouncing out of control. Pick it up (or catch it) and continue.



Mini-Ball Jab – You can also use the mini-ball to improve your jab. Fire the ball forward as if you were throwing the jab. Work the left and right side. This movement will develop the speed required for a whip-like jab (**video available**).



Lateral Jump – Jump back and forth over an object (such as a sandbag or medicine ball). Minimize contact with the ground. Focus on quick, powerful bursts into the air. Upon landing, immediately explode back into the air, in the opposite direction. Continue at a brisk pace, maximizing height with each jump.

Lateral Jumps will be used in conjunction with certain strength training exercises throughout the program.



Knee Tucks - Begin in a semi-squat position with your knees slightly bent. Jump as high as you can, bringing your knees **to your chest** at the top of the jump. Minimize contact with the ground.

Knee Tucks can be used in place of Lateral Jumps.

Punch Out Drills

Weeks 1-3 include a series of “**punch out** “ drills. Your goal is to throw as many punches as possible during a timed interval (20 or 30 seconds). These drills will be performed with 1-3 pound hand weights. You can use light dumbbells or hand weights that fit around the hand (**video available**).



A similar drill has been used at US Olympic training camps. One drill was described as follows:

“The boxer attempts to throw as many punches as possible during a 30 second time period holding a light pair of dumbbells. The athlete will rest for 60 seconds and then repeat the process for three sets. As the conditioning level of the boxer improves the number of sets and/or the length of the sets can be increased.”

These drills will condition the boxer to throw top speed punches for brief intervals. This style of training will increase the athlete’s work capacity. These work capacity drills will prepare you for Weeks 4-6.

Uppercut Drills

Using 3-5 pounds, you will throw rapid-fire uppercuts with the left and right hand. You can perform this drill with the feet parallel. You can handle slightly more weight for this “punching” drill. Most athletes can use 5 pounds without problems (**video available**).

Hand Speed Drills

Weeks 4-6 will consist of several brief hand speed drills utilizing the following combinations:

- Jab – Cross – Jab – Cross (1-2-1-2)
- Cross – Hook – Cross – Hook (2-3-2-3)
- Uppercut – Hook – Uppercut – Hook (4-3-4-3)

Conventional Fighter (left foot in front, jabs with left hand)

- Jab = 1
- Straight Right Hand (Cross) = 2
- Left Hook = 3
- Right Uppercut = 4

Southpaw Fighter (right foot in front, jabs with right hand)

- Jab = 1
- Straight Left Hand (Cross) = 2
- Right Hook = 3
- Left Uppercut = 4

During Week 4, you will throw 4-punch combinations (ex. 1-2-1-2).

During Week 5, you will throw 6-punch combinations (ex. 1-2-1-2-1-2).

During Week 6, you will throw 8-punch combinations (ex. 1-2-1-2-1-2-1-2).

Each combination must be thrown at top speed. You will throw one combination, and then take a few seconds to regroup, prior to continuing. It is imperative that you rest between combinations. During Weeks 4-6, you must throw each combination at top speed. These drills are designed to increase hand speed, not improve endurance. To improve speed, you must be completely rested between combinations (**video available**).

Track and Field coaches commonly use a 1:4 work-to-rest ratio when training for speed. These extended rest periods are imperative to prevent lactate build-up, which will hamper explosiveness.

Consider that a 4-punch combination can be thrown in less than 1-second. Based on this knowledge, your rest period should be approximately 4-5 seconds between combinations. Certain athletes may require more rest.

You can see me demonstrate these punching drills through the video clips that accompany this training program. You will notice that I throw a combination and then regroup, taking a few seconds to rest between combos. This brief rest period is crucial when training for speed. Keep the punch count minimal, the intensity maximal, and the rest periods adequate.

Supplementary Exercises

Note – The following movements are not included in this six-week program. These movements can serve as possible supplements or additions. The first two exercises involve a homemade tornado ball (a medicine ball attached to a rope-like extension). In the video clips, you will see how I perform these movements by securing a medicine ball inside a basketball net, which has been tied off with a leather shoelace. The net is then secured to an attachment. In the illustrations below, I have used a pant leg from a pair of sweat pants.



Wall Rotations – Begin by standing approximately one foot away from a brick or cement wall. Your back will face the wall with a slight bend in the knees. Begin to swing the ball back and forth, smashing it against the wall on each side. Perform this exercise in an explosive manner. This exercise will develop tremendous rotational power (**video available**).

You can use this exercise to substitute the Side Throw or Side Twist Throw.

Overhand Smash - Stand with legs slightly wider than shoulder width. Begin with ball hanging behind head. Smash the ball forward to the ground in front of you. This movement can substitute the Medicine Ball Slam or Overhand Throw (**video available**).



Dumbbell Shot Put – This movement is sure to attract the attention of onlookers. With that said, this is an effective exercise for explosive punching power. As with the medicine ball, there is no deceleration with this movement. You will shot put the dumbbell as far as possible. I recommend using a dumbbell that weighs between 10 and 25 pounds, depending on your size and strength. Work both arms. Your non-dominant arm will feel awkward at first, but these movements will develop coordination (**video available**).

You can use this exercise to substitute certain medicine ball exercises (ex. Shot Put Throw, Chest Pass, Overhand Throw). A sample workout that combines the sledgehammer and Dumbbell Shot Put is listed below.



Sledgehammer Swinging – The sledgehammer is an excellent supplement to a boxer's training routine. Common sledgehammer sizes include 10, 12, and 16 pounds. You can purchase a sledgehammer at any hardware store for approximately \$2 per pound. You can swing the sledge against a large rubber tire. In most instances, you can find a used tire for free at a tire shop.

Sample Outdoor Session:

- 3 x 6 Dumbbell Shot Put (each set includes 6 throws per arm)
- 6 x 10 Sledgehammer Swings (10 from right to left, 10 from left to right)
- 3 x 10 Plyometric Pushups

This workout can substitute a plyometric training session. I highly recommend a regular dose of the Dumbbell Shot Put and sledgehammer.

Sledgehammer continued...

To swing the hammer, one hand will remain stationary at the bottom of the handle. In Step 1, this is my left hand. The sledge starts on my right side, and travels across my body. My right hand slides down the sledge, away from the stationary hand as it is loaded behind my right shoulder. The hand then slides back towards the stationary hand during the downward motion. As you can see in Step 3, both hands are touching, at the end of the handle (**video available**).



When you position yourself behind the tire, you should assume a staggered stance, with one foot slightly in front of the other. In the illustration, you can see my left foot is closest to the tire (while swinging from the right side). This stance allows me to generate more hip action on the downward portion of the swing. My hips pivot forcefully as the sledgehammer descends. You can generate even more power by pivoting on the balls of the feet. With this style of swinging, you will be able to handle a heavy sledgehammer.

Begin by swinging from the right side for 10 reps, then swing from your left side for 10 reps. When swinging from left to right, your right foot will be closest to the tire. Continue to alternate sides every 10 swings (10 right, 10 left, etc.).

It will feel natural to start the sledgehammer from your dominant side. For example, I am right handed, so it is natural for me to swing from right to left. It may feel awkward to swing the sledgehammer from your weak side. One of the benefits of sledgehammer training is its ability to even out your left and right sides. You will become more coordinated with your non-dominant hand.

Recommendations

Nutrition and Supplementation

Due to the intense nature of this program, it is important that you follow a proper nutritional plan.

- Avoid processed foods such as white flour products.
- Eat rich sources of protein such as egg whites, chicken, and fish.
- If you are unable to consume adequate amounts of protein, consider adding a meal replacement shake to your nutritional plan. Choose a shake that is low in sugar, yet rich in protein and other valuable nutrients.
- Stick with natural food choices such as fruits, vegetables, meats, and fish.
- Consume complex carbohydrates from foods such as oatmeal, yams, whole wheat bread, and beans.
- Consume a complete multi-vitamin and mineral supplement.
- Consider adding flax seed oil and glutamine to your supplement schedule.
- Consider creatine supplementation, but be careful to avoid weight gain. Creatine can assist with strength gains and recovery between intense workouts. The downside to creatine is the weight gain that often accompanies supplementation. Stick with 2-3 grams per day (unless you box as a heavyweight or do not have concerns over weight gain).

Rest

- This is an advanced training program. It is imperative that you receive adequate sleep each night. Lack of rest will impair recovery between workouts. I recommend 8 hours of sleep each night.

Roadwork

I recommend 4 days of roadwork each week while performing this program.

- Monday and Friday should include anaerobic roadwork sessions.
- Tuesday and Thursday should be less intense.
- I recommend running early in the morning to allow adequate time to recover for your evening training session.

Page 76 includes a sample six-week roadwork schedule that you can use with this power training program. You will be required to run 4 days per week.

Weeks 1-6

Sample Roadwork Program (4 days per week)

WEEK 1 - Monday			WEEK 1 - Tuesday	Wednesday	WEEK 1 - Thursday	WEEK 1 - Friday			Saturday
Distance	Intervals	Rest Between Each	Description		Description	Distance	Intervals	Rest Between Each	
400	4	60 seconds	2 miles for time		Fartlek 15 minutes	200	4	30 seconds	
50	4	Wind sprint				100	4	Wind sprint	
						50	4	Wind sprint	
WEEK 2 - Monday			WEEK 2 - Tuesday		WEEK 2 - Thursday	WEEK 2 - Friday			
Distance	Intervals	Rest Between Each	Description		Description	Distance	Intervals	Rest Between Each	
800	3	60 seconds	Fartlek 15 minutes		2 miles for time	400	3	60 seconds	
50	5	Wind sprint				200	3	30 seconds	
						100	3	Wind sprint	
WEEK 3 - Monday			WEEK 3 - Tuesday		WEEK 3 - Thursday	WEEK 3 - Friday			
Distance	Intervals	Rest Between Each	Description		Description	Distance	Intervals	Rest Between Each	
400	5	60 seconds	2 miles for time		Fartlek 20 minutes	200	5	30 seconds	
50	5	Wind sprint				100	4	Wind sprint	
						50	4	Wind sprint	
WEEK 4 - Monday			WEEK 4 - Tuesday		WEEK 4 - Thursday	WEEK 4 - Friday			
Distance	Intervals	Rest Between Each	Description		Description	Distance	Intervals	Rest Between Each	
800	4	60 seconds	Fartlek 20 minutes		2 miles for time	400	3	60 seconds	
50	5	Wind sprint				200	4	30 seconds	
						100	4	Wind sprint	
WEEK 5 - Monday			WEEK 5 - Tuesday		WEEK 5 - Thursday	WEEK 5 - Friday			
Distance	Intervals	Rest Between Each	Description		Description	Distance	Intervals	Rest Between Each	
400	6	60 seconds	2 miles for time		Fartlek 25 minutes	200	6	30 seconds	
50	6	Wind sprint				100	5	Wind sprint	
						50	5	Wind sprint	
WEEK 6 - Monday			WEEK 6 - Tuesday		WEEK 6 - Thursday	WEEK 6 - Friday			
Distance	Intervals	Rest Between Each	Description		Description	Distance	Intervals	Rest Between Each	
800	5	60 seconds	Fartlek 25 minutes		2 miles for time	400	3	60 seconds	
50	5	Wind sprint				200	4	30 seconds	
						100	5	Wind sprint	

Roadwork Reminders:

- 400 meters is one lap around a standard high school track (1/4 of a mile).
- The 2-mile sessions should be run as fast as possible. View these 2-mile sessions as a road race. Challenge yourself to reduce your time each week. These 2-mile runs are excellent for general conditioning and work capacity improvements.
- Fartlek is a Swedish term for “speed play”. Fartlek consists of random periods of exertion, followed by light jogging. For example, you will sprint as fast as possible, and then follow with a few minutes of light jogging. During a Fartlek workout, you will run hard, then jog, and continue at your own pace, without structure. You vary the distance of each sprint based on how you feel. Fartlek is excellent for general conditioning, without the rigid structure of an interval workout.
- When performing wind sprints, you will sprint the required distance, and then jog back to the starting line for rest. There is no stopping. The only rest is the jog back to the starting line. For example, sprint 100 meters, jog 100 meters back to the starting line, and continue with another sprint.

Skill Training

Do not neglect skill training during this six-week program.

- Shadow box daily (at least 4 rounds)
- Include bag training and/or focus mitt work on Monday, Tuesday, Thursday, and Friday
- Spar on Tuesdays and Thursdays

See **Appendix I** for a sample weekly program.

See **Appendix II** for sample heavy bag drills.

Pre-fight Preparation

This power training program should not be performed during the final week of fight preparation. Your body needs time to rest and recover prior to fighting. I recommend a 1-3 week break from intense strength training and plyometrics before competition. During this time, you should phase out strength training in place of sport-specific conditioning and skill training (ex. increase the frequency of sparring and focus mitt work).

Do not leave your strength in the gym. Bring it to the ring!

Questions and Answers

Why are there no heavy squatting or deadlift workouts in this program?

Many of the exercises required throughout this program target the legs and core. Examples include Dumbbell Swings, Snatches, and Deadlift Twists. You will also perform a Front Squat Push Press on Wednesdays. These movements, coupled with the intense roadwork demands, will adequately target the legs. Many individuals who perform extremely heavy squats are left too sore to perform quality roadwork sessions. Remember, boxing is a sport that requires a tremendous level of anaerobic conditioning. If a weight routine leaves your legs sore for three days, you will fail to fulfill these objectives. You are training to fight, not to achieve weight lifting "numbers". Use weight training to supplement your boxing program, not replace it.

Should I eat in the morning before roadwork?

This question is often determined based upon available time. Time is a precious commodity. It is not always feasible to eat a complete meal before a morning roadwork session. You will need time to digest after eating. Personally, I do not eat breakfast before my roadwork session. I prefer to run first thing in the morning, before the day begins. I start the morning with a sports drink such as Gatorade, and then conduct the morning session. I eat a complete meal after running. I cannot afford to spend 1-2 hours to digest before a morning workout.

If I have a hard sparring session scheduled for Tuesday, can I move Tuesday's roadwork session to Wednesday?

It is acceptable to alter your roadwork program to conform to your sparring schedule. Sparring is not always available on specific days during the week. There will be situations when you travel to other gyms for sparring, or other fighters travel to your gym. Sparring is a priority, so adjust your morning roadwork accordingly. If an intense session is planned for Tuesday, you may wish to rest the legs that morning. This is perfectly acceptable, and often recommended. If you run on Wednesday or Saturday, be sure to leave plenty of time between running and the required weight training (or complex training) workout. You must be fresh when performing these workouts.

I am having a hard time with the roadwork program for Weeks 1-2. Should I advance to Week 3 if I am still struggling with Week 1 and 2?

The six-week roadwork program was designed for well-conditioned boxers. There is no shame in sticking with the first or second week of the program for a

few weeks. For example, you could perform Week 1 for two weeks, and then Week 2 for two more weeks. Do not rush progression. It is impossible to create one universal roadwork program that will fulfill the needs of every boxer in the world. Make adjustments when necessary. Listen to your body. If you are not ready to advance to Weeks 3-4, do not rush the process. Build up gradually.

Can I stretch this program out for a longer period (ex. 12 weeks)?

Yes, although designed for six-weeks, it is possible to stretch this power training program out over 12 weeks. You could perform each week's routine for two weeks. This would leave you with a 12-week program (6 weeks of weight training, 6 weeks of complex training).

Can I use a sandbag for the strength training exercises?

You can use a sandbag for many of the strength training exercises (ex. Power Cleans, Push Press, Front Squat). Certain movements however are not possible with a sandbag. You will be unable to perform movements such as the Neider Press, Upright Neider Press, and Twisting Snatch. You will need conventional weights for these movements.

Will I gain weight with this weight training program?

Weight gain is largely a product of food consumption. If you eat more, you will gain weight. I have worked through this program (and many variations) several times, and have not gained weight. As a boxer, your goal is to improve strength, while remaining within the confines of your weight class. This is not a bodybuilding program. It was created specifically for competitive boxers.

As a fighter, you will spend a great deal of time conditioning and skill training (ex. running, jumping rope, hitting the bags, sparring, etc.). These activities are all conducive to weight loss (fat loss). These activities will balance out any weight gain that would be experienced through a pure weight-training program.

On what days should I train the neck?

Neck training can be performed on Tuesday, Thursday, and Saturday. I recommend movements such as neck bridges and neck curls with a weighted harness.



Appendix I

Sample Weekly Schedule

The sample below illustrates how each piece of this program fits into a weekly schedule. Each requirement has been included throughout the sample week. This sample was created for a 4-round fighter.

MONDAY

Morning Session

- Hand weight drills
- Roadwork

Afternoon Session

- Warm-up calisthenics
- Plyometric circuit (medicine ball exercises performed as a circuit 3 times)
- 4 rounds of shadow boxing
- 4 rounds on the heavy bag or mitt work with coach (skill emphasis)
- 2-3 rounds on the heavy bag (conditioning emphasis)
- 3 rounds on the double-end bag
- 3 rounds of jump rope
- Core training

TUESDAY

Morning Session

- Roadwork

Afternoon Session

- 4 rounds of shadow boxing
- 4 rounds of sparring
- 3 rounds focus mitt work with trainer (or heavy bag)
- 3 rounds of double-end bag
- 2 rounds of speed bag
- 2 rounds of jump rope

WEDNESDAY

Morning Session

- 4 rounds of shadow boxing

Afternoon Session

- Weight training (Complex training during weeks 4-6)
- Core training

THURSDAY**Morning Session**

- Roadwork

Afternoon Session

- 4 rounds of shadow boxing
- 4 rounds of sparring
- 3 rounds focus mitt work with trainer (or heavy bag)
- 3 rounds of double-end bag
- 2 rounds of speed bag
- 2 rounds of jump rope

FRIDAY**Morning Session**

- Hand weight drills (no hand weight drills on Friday during weeks 4-6)
- Roadwork

Afternoon Session

- Warm-up calisthenics
- Plyometric circuit (medicine ball exercises performed as a circuit 3 times)
- 4 rounds of shadow boxing
- 4 rounds on the heavy bag or mitt work with coach (skill emphasis)
- 2-3 rounds on the heavy bag (conditioning emphasis)
- 3 rounds on the double-end bag
- 3 rounds of jump rope
- Core training

SATURDAY**Morning Session**

- 4 rounds of shadow boxing
- 3 rounds of double-end bag training
- Weight training (Complex training during weeks 4-6)

SUNDAY

- Rest day

Appendix II

Heavy Bag Drills

*This information was taken from **The Boxer's Guide to Performance Enhancement** and its newsletter **INSIDE THE RING**.*

These drills can be used during skill training sessions on the heavy bag. You can dedicate an entire round (or more) to each drill, or incorporate several drills into one round. Always wrap your hands and wear a suitable pair of bag gloves when hitting the bag.

1. **Speed Drill** – Throw your punches as fast as possible. Throw a minimum of four punches per combination. Maintain this pace for the entire round. This drill will improve combination punching ability, while enhancing anaerobic endurance.
2. **Outside Drill** – Work the entire round from the outside. Throw combinations and then move. Avoid becoming a stationary target as you circle, firing rapid combinations from the distance. Circle the bag in both directions.
3. **Inside Drill** – Fight the entire round while close to the bag, working combinations consisting of hooks and uppercuts. Mix in head movement and practice bobbing and weaving under imaginary punches. Practice body and head shots with an emphasis on power.
4. **Change Directions** – As a conventional fighter (jab with left hand), we are accustomed to moving to our left throughout the fight. Practice changing directions for an entire round. If you box from the conventional stance, circle to your right. If you are a southpaw, circle to your left. Punch and move in this direction for the entire round.
5. **Jab** - The jab is the **most important punch** in boxing. A talented fighter can win a fight with his jab alone. Practice an entire round throwing only the jab. Throw single, double, and triple jabs. Mix in feints with the jab. Practice moving in both directions while you snap the jab.

Heavy Bag Combinations

These combinations can also be practiced when shadow boxing and sparring. Southpaws should reverse the combinations (ex. Right jab in place of left jab).

- Left Jab – Straight Right – Left Jab – Straight Right
- Left Jab – Straight Right – Left Hook
- Left Jab – Straight Right – Left Hook to the Body – Left Hook to the Head
- Left Jab – Straight Right – Left Hook to the Head – Left Hook to the Body
- Left Jab – Straight Right – Left Hook – Straight Right
- Left Jab – Straight Right – Left Hook – Right Uppercut – Left Hook
- Left Jab – Right Uppercut – Left Hook
- Left Jab – Right Uppercut – Left Hook – Straight Right – Left Hook
- Left Jab – Left Hook (*Known as hooking off the jab*)
- Left Jab – Left Hook – Straight Right
- Left Jab – Left Hook – Straight Right – Left Hook
- Left Jab – Straight Right to the Body – Left Hook to the Head
- Left Jab – Right Uppercut – Straight Right
- Left Jab – Right Uppercut – Straight Right – Left Hook – Straight Right
- Left Jab – Right Uppercut – Left Uppercut – Straight Right Hand
- Left Jab – Right Uppercut – Left Uppercut – Left Hook
- Left Jab – Straight Right – Left Jab – Left Jab
- Left Jab to Stomach – Left Jab to Head
- Left Jab to Stomach – Left jab to Head – Straight Right Hand – Left Hook

Reversing Roles Drill

One of the most common heavy bag conditioning drills is to finish the last 30 seconds of the round with an all-out burst of non-stop punches. Many timers have a signal that indicates the last 30 seconds of the round. When this bell sounds off, you begin to punch all-out for the remainder of the round. This is an excellent drill, as it teaches you to finish each round strong.

You can perform a similar drill by starting the round with an all-out burst. After punching non-stop for 20-30 seconds, you will finish the round by “boxing”. You will circle the bag, while snapping the jab and throwing 3 or 4 punch combinations. After each combination, you will continue to circle the bag, snapping double and triple jabs throughout the round.

This drill will teach you to use your legs, even after expending a tremendous amount of energy. It is common for the legs to become fatigued after several rounds of intense action. As the legs fatigue, you are more likely to stand in front

of your opponent, rather than using the entire ring. This drill will teach you to continue boxing, even after a heated exchange.

Sample Routines

2-Minute Rounds - Beginner:

- 30-seconds of all-out punching
- Finish the round by boxing and circling the bag

3-Minute Rounds - Intermediate:

- 30-seconds of all-out punching
- Finish the round by boxing and circling the bag

3-Minute Rounds - Advanced:

- 1-minute of all-out punching
- Finish the round by boxing and circling the bag

During the “all-out” portion the drill, you should throw straight punches. Throw a non-stop 1-2-1-2-1-2...

The Best of Both Worlds

Another option is to start with 3 rounds where you begin each round with an all-out flurry. You will then finish with 3 rounds where you begin by boxing, and finish with an all-out flurry. By working both drills together, you will reap the benefits of boxing while fatigued, and punching while fatigued.

3 x 3-Minute Rounds (Start Strong)

- Start with 30-60 seconds of all-out punching
- Finish the round by boxing and circling the bag

3 x 3-Minute Rounds (Finish Strong)

- Start by circling the bag, throwing combinations
- Finish the round with 30-seconds of all-out punching

Recovery Training

Boxing is highly anaerobic. There are bursts of all-out intensity, often followed by less intense moments (movement, feinting, parrying, etc.). As a fighter, you must train yourself to recover between the all-out bursts of action. For example, you may find yourself pinned in the corner. You will unleash 10 consecutive punches on the inside. After punching, you must quickly regroup and be prepared to punch again.

In the gym, you must train to recover. Here is a great drill that will help you to fight strong and recover throughout each round. This workout should be performed for 4 rounds. You will rotate between all-out intervals, followed by movement around the bag, where you work the jab, head movement, feints, and footwork. There are three phases to the drill, 10 seconds, 20 seconds, and 30 seconds. Start with 10-second intervals first. This drill should be performed with a partner who can monitor the time with a sports watch or timer.

Recovery Training Interval – 10 seconds

- 10-second interval on the bag (all-out intensity)
- 10-second recovery interval
- Continue this pattern for a complete 2 or 3-minute round

Start with 2-minute rounds, and eventually work up to 3-minute rounds. During the all-out intensity interval, you will throw non-stop punches. As soon as the 10-second burst is complete, begin to circle the bag. Work on footwork. Feint as if you were trying to freeze your opponent. Your partner will monitor time for each 10-second interval. You will continue this drill for an entire round. It may sound easy on paper, but after a few rounds you will have a change of heart. The key to this drill is to work HARD during each all-out interval.

Eventually, you can work your way up to 20 or 30 second intervals.

Recovery Training Intervals – 30 seconds

- 30-second interval on the bag (all-out intensity)
- 30-second recovery interval
- Continue this pattern for a complete 2 or 3 minute round

As you begin to work with longer intervals (20 or 30 seconds), you will also have a longer period of active rest. During this time, you should continue to circle the bag and work the jab. You can also throw 2 or 3 punch combinations, focusing only on speed, NOT power. Use this time to recover. After 30 seconds of all-out punching, you will need the time to recover.

10 x 10 System

The **10 x 10 System** is an intense conditioning drill that you can use on the heavy bag, or when shadow boxing (preferably on the heavy bag).

You will throw straight punches for this drill. From your regular boxing stance, you will throw a rapid-fire 10-punch combination. You will throw a non-stop 1-2-1-2-1-2-1-2-1-2 (1=jab, 2=cross). Your focus must be on throwing fast, powerful punches. It is important to fully extend and snap your punches. It is important to punch hard throughout the entire drill. Pivot on the balls of your feet and rotate the hips. It is important to maintain proper form.

Upon completing the 10-punch combination, you will reset your feet and repeat the drill. It should only take 1-2 seconds to reset. Do not exceed 2 seconds before throwing your second 10-punch combination, once again focusing on speed AND power.

Continue this sequence ten times before resting. Each cycle of the **10 x 10 System** consists of 100 punches (10 x 10).

Repeat this drill for 4-10 cycles. Limit your rest between cycles to less than 1-minute. As your condition improves, you can reduce the rest period to 30 seconds.

Sample Session

- 1-2-1-2-1-2-1-2-1-2
- Reset
- 1-2-1-2-1-2-1-2-1-2
- Reset

Continue for 10 sets of 10 punches (100 total). Rest for 1-minute or less and continue.

Quality Punches

This drill emphasizes quality punches. You throw 10 hard punches, reset, and continue with 10 more quality punches. This form of training is unique from the traditional bag drill where you throw non-stop punches for a specific time period. Both drills are useful, but for different reasons. When you punch non-stop for an extended time period (ex. 30 seconds or 1-minute), the quality of your punches gradually declines.

This drill emphasizes quality AND quantity. The split second that you have to regroup between each 10-punch combination allows you to recover, and return with another quality combination. When you fight, your goal is to throw quality punches throughout the bout. Your technique and punch quality cannot deteriorate when fighting. The **10 x 10 System** will train you to throw fast, powerful punches in succession. When you box, you will often throw a powerful combination, then move, and then return with another combination. You will rarely have the opportunity to throw non-stop punches for more than a few seconds at a time. Your opponent will either move, counter punch, or hold.

5 x 20 System

A close relative to the **10 x 10 System** is the **5 x 20 System**. From your boxing stance, you will throw a rapid-fire 5-punch combination. You will throw a non-

stop 1-2-1-2-3 (1=jab, 2=cross, 3=hook). This drill begins with 4 straight punches, and finishes with a left hook (right hook if you are a southpaw).

1. Left Jab
2. Right Cross
3. Left Jab
4. Right Cross
5. Left Hook

This drill can be used on its own, or in conjunction with the **10 x 10 System**. For example, you can begin with three rounds of 10 x 10, and then proceed with three rounds of 5 x 20. The **5 x 20 System** is excellent when fatigued from the **10 x 10 System**. You should always be able to throw a hard 5-punch combination.

Upon completing one 5-punch combination, you will reset your feet and repeat the drill. It should only take 1-2 seconds to reset. Do not exceed 2 seconds before throwing your second 5-punch combination, once again focusing on speed AND power.

Each cycle of the **5 x 20 System** consists of 100 punches (5 x 20).

Repeat this drill for 4-10 cycles. Limit your rest between cycles to less than 1-minute. As your condition improves, you can cut the rest down to 30 seconds.

Sample Session

- 1-2-1-2-3
- Reset
- 1-2-1-2-3
- Reset

Continue for 20 sets of 5 punches (100 total). Rest for 1-minute or less and continue.

Punch Intervals

Punch non-stop for a 1-minute interval (round). Focus on throwing fast, straight punches without stopping. You can start with 4 x 1-minute rounds. Give yourself 1-minute of rest between rounds. Eventually, you can cut the rest period to 30 seconds. As your condition improves, you will find yourself throwing MORE punches, and MORE effective punches (harder punches).

Sample Session:

- 4 x 1-minute round (non-stop punches, maximal intensity)
- 1-minute rest between rounds

Conditioning Drill

This conditioning drill emphasizes speed and quality punches. Each combination must be thrown at top speed, with pristine technique. Do not get sloppy with your punches.

This drill involves the following sequence, repeated for an entire round:

- 1-2-1-2-1-2
- 1-2-1-2
- 1-2
- 1-1-1

1=jab, 2=cross

After each combination, you will sidestep to your left (right side if you are a southpaw) and continue punching. You will continue to punch, and then sidestep, throughout the round.

You should be punching and circling the bag for the entire round. You begin with a six-punch combination, then a four-punch combination, and then a two-punch combination. You conclude with a triple jab. Following the triple jab, you will start over with the six-punch combination, and continue this pattern for the entire round.

Sample for a conventional boxer:

- 6 punches (jab, cross, jab, cross, jab, cross)
- Sidestep to your left
- 4 punches (jab, cross, jab, cross)
- Sidestep to your left
- 2 punches (jab, cross)
- Sidestep to your left
- Triple jab while circling the bag to your left
- Continue for an entire 2 or 3-minute round

Note – The sidestep can be accomplished by stepping to your left, and/or by pivoting off the lead foot to your left. In most cases, the sidestep will involve a combination of stepping and pivoting.

Double-end Bag

The double end bag is one of the best tools to enhance timing, reactions, and combination accuracy. This bag will teach you to bob and weave, slip and duck,

and move your head. When you hit the double-end bag, it will rebound back at you, forcing you to move your head as if you were avoiding an incoming punch.

The bag is attached from floor to ceiling with bungee cord at the bottom, rope at the top. The bag can be used to enhance both offense and defense. When working offense, throw multiple punch combinations for the entire round. Practice different combinations, while moving left and right. This bag will move like an actual opponent, developing timing and accuracy. Your footwork will also improve as you learn to throw punches from different angles while moving in different directions.



To practice defense, hit the bag straight on so it rebounds back at you. Avoid being hit by the bag by slipping, ducking, blocking, or sidestepping the bag. As you move, throw counter punches as if you were boxing an actual opponent. Throughout each round, mix in defense, offense, and lateral movement. If used consistently, this bag can be a valuable training aid.