



# BOXFIT

**REPEAT AS MANY ROUNDS AS YOU CAN**

If you don't have access to boxing equipment - **do shadow boxing!**

100 STAR JUMP - 100 STRAIGHT PUNCHES

**60s JAB JAB CROSS - 20 PUSH UPS**

80 MOUNTAIN CLIMBERS - 80 STRAIGHT PUNCHES

**60s JAB CROSS L HOOK - 20 SQUATS**

60 HIGH KICKS- 100 STRAIGHT PUNCHES

**60s L UPPER R UPPER JAB - 20 LUNGES**

40 SKI JUMPS- 100 STRAIGHT PUNCHES

**60s FREE COMBO- 20 BURPEES**

20 SIT UPS- 100 STRAIGHT PUNCHES