



BOXFIT

Repeat each line 4 times before moving on

Ex1: 60s

Ex2: 45s

Ex3 60s

Star Jumps - Jab, Jab, Cross - Squats

Jab, L Hook, Cross - Hover - Hooks

Push Ups - Jab, Cross, Jab - 4 & Drop

L Upper x2 , Cross, - Lunges - Uppers

SLD's - R Upper, Cross, Jab, Crunches

Jab, Jab, Cross, Cross, Burpees - Over
Head Punches