

Boxing Strength & Conditioning

Intermediate Program

Complete a warm up before each session.

- Warm up - Bodyweight exercises - squats, glute bridges, calf raises, skipping.

Arm circles - small circles to big circles and back to small again

Finish each session with static stretching & shoulder mobility exercises

Day 1

Exercise	Sets	Reps	Notes
Dumbbell Bench Press	2	8-12 reps	Do Single Arm Floor Press if possible
Landmine Punches	3	6	Use a light weight to keep technique
Med. Ball Slams	3	8	Power/Explosive exercise
Barbell Squat & Press	3	6	Power/Explosive exercise
Plyo Press ups	3	5	Power/Explosive exercise
Turkish Get Ups	2	6	

Day 2

Exercise	Sets	Reps	Notes
Chin Ups	3	8-12 reps	
Stability Ball Roll-ins	3	12	
Bulgarian Split Squat	2	10-12	
Landmine Russian Twist	2	12	Keep the weight light.
Cable Russian Twist	2	8	Keep the weight light.
Rotational Jumps	2	6	

Day 3

Exercise	Sets	Reps	Notes
Front Squats	3	6-8 reps	
Push Press	3	6	
Walking Overhead Lunges	2	12	
Jumping weighted squats	2	8	Keep the weight light.

Stability Ball Torso Twist	2	12	Keep the weight light.
Stab. Ball single arm kettle bell press	2	8	8 reps on each arm - twice