

Boxing Chest Workout



Exercise	Sets	Reps	Notes
Dumbbell Bench Press	2	8-12	
Plyo Press Ups - Side to Side	2	10	
Medicine Ball Throw into Press Up	2	10	Use a wall if possible. Start on your knees, throw the ball at the wall as you drop into a press up
Band Punches	2	10	2 sets on each arm - do 2 sets of crosses, then 2 sets of hooks
Thrusters - Squat into Press	2	12	Use a resistance band or barbell. Squat down and press over head.
Pads or punch bag	3	3 minutes	
Stretches			

Remember to warm up

Use a functional warm up - shadow boxing & Skipping