

Day	Focus	Exercise	#	Sets	Reps / Duration	Notes
Day 1	PS4 Boxing + Light Strength	PS4 boxing game		1	30 mins	Rounds and drills
		Push-Ups		3	12 reps	
		Bodyweight Squats		3	15 reps	
		Plank		3	45 seconds	
		Cool Down		1	5 mins	Stretching
Day 2	Wii Boxing + Core and Mobility	Wii boxing game		1	30 mins	
		Hanging Knee Raises		3	12 reps	Lower abs
		Band Pallof Press		3	12 reps (each side)	
		Side Lunges		3	12 reps (each side)	Mobility and stability
		Cool Down		1	5 mins	Shadowboxing
Day 3	Plyometrics + Pull-Up Bar Strength	Jump Rope Warm-up		1	10 mins	
		Pull-Ups		3	Max reps	
		Jump Squats		3	12 reps	Explosive power
		Explosive Push-Ups		3	8 reps	
		Burpees		3	12 reps	Full body conditiong
		Cool Down		1	5 mins	Stretching