

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 Palloff 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 conditioning
		Cool Down	1		5 mins	Stretching