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THE FIGHTER'S S&C BLUEPRINT

BOXING STRENGTH & CONDITIONING

A periodised three-day programme built to add explosive power, strength and ring endurance — without wrecking your shoulders or your boxing. Train the engine; keep the skill sharp.

Goal Power · Strength · Endurance **Level** Intermediate → Advanced **Structure** 3 lifting days + boxing

READ THIS FIRST

HOW THE PROGRAMME WORKS

This is a **periodised** plan — you cycle the emphasis between maximal strength, explosive power and endurance rather than hammering the same thing every week. Three strength sessions sit alongside your boxing, so you build the engine on lifting days and express it on the pads and bag.

Run the three sessions on non-consecutive days and keep your skill work on the days between. A typical week:

MON	TUE	WED	THU	FRI	SAT	SUN
S&C Day 1	Boxing / skills	S&C Day 3	Boxing / bag	S&C Day 5	Sparring / cardio	Rest / mobility

- **Mobility** — shoulder, chest and hip work goes *after* the session, never as a heavy pre-lift stretch.
- **Rotator cuff** — train it up to three times a week, post-workout or on light days, to keep your shoulders healthy for punching.
- **Technique over volume** — every rep is a rehearsal. Sloppy reps rehearse sloppy movement.

TECHNIQUE THAT TRANSFERS

HIP DISPLACEMENT

PUNCH WITH YOUR HIPS — THE ARM JUST DELIVERS IT

All the strength in this programme is wasted if you *arm punch*. Real power in boxing comes from the ground up: it starts at the floor, drives through the legs, and is **displaced through the hip** before the arm ever moves. The hip rotates first; the shoulder, arm and fist follow a fraction of a second later, catching the momentum like the tip of a whip.

1
Drive & rotate the hip
Push off the ground and fire the hip around first. This is where the force is generated.

2
Let the torso follow
The core and shoulder are dragged round by the hip — a split second behind it, not with it.

3
Snap the punch last
The arm is the final link in the chain. It arrives just after the hip fires, carrying all that built-up speed.

Think **"whippy-hippy"**: the hip cracks round and the hand is whipped out behind it. The sequence is always **hip** → **body** → **arm**, slightly staggered, never all at once. Get the timing right and a relaxed arm lands harder than a tense, muscled one ever will.

✕ **Do NOT arm punch.** If the arm leaves before the hip turns, you've cut the power chain at the source — you're throwing with shoulder and triceps alone. It's slower, weaker, telegraphed, and it wrecks your shoulders over time.

HIPS FIRST. STAY LOOSE. LET THE PUNCH CRACK OFF THE TURN.

This is why the programme leans so heavily on rotational and hip-driven work — cable punches, medicine-ball passes, Russian twists, slams, Olympic-style pulls and loaded hinges. You're training the body to *displace force through the hip* under load, so the pattern holds up when you're tired in round nine.

BOOKENDS

WARM UP & WARM DOWN

WARM UP — AT LEAST 10 MINUTES

Make it functional and boxing-specific: foam rolling, skipping, footwork and shadow boxing. Start with steady-state movement like light jogging, then build up to skipping and burpees by the end. Always put in **at least two lighter sets** before your first working set on any lift.

WARM DOWN — FINISH ON YOUR CRAFT

End every session with a boxing-specific piece — pads, bag or shadow boxing. It flushes the session, reinforces the skill while you're fatigued, and ties the strength work back to the thing it's all for.

THE SESSIONS

THE THREE-DAY SPLIT

DAY 1

STRENGTH & POWER

EXERCISE	SETS	REPS
Deadlifts *	5	6
Barbell Bench Press	2	6
Plyometric Press-Ups	3	6
Cable Punches (cross)	2	12
Cable Punches (hooks)	2	12
Multidirectional Lunges	2	6
Tabata Interval Burpees **	2	4 min
Stability Ball Plank	1	60 s

DAY 3

PULL & ROTATION

EXERCISE	SETS	REPS

Rope Climbs	5	6
Eccentric Chin-Ups	2	6
Split Squats	3	6
Medicine Ball Rugby Pass	2	12
Medicine Ball Russian Twist	2	12

DAY 5

EXPLOSIVE POWER

EXERCISE	SETS	REPS
One-Arm Push Press	3	10
Front Squats	4	8
Reverse Hypers	2	12
Ball Hamstring Curl	2	12
Sprints	4	20 s
Depth Jumps	3	6
Medicine Ball Slams	2	6

FOOTNOTES

*** Deadlifts** — consider dropping these if overtraining is a risk. If muscle mass is the goal, keep them, but pair with stretching and trigger-point work to stop the psoas and piriformis tightening up. If *power* is the goal, swap deadlifts and front squats for Olympic lifts or plyometrics.

**** Tabata intervals** — 100% effort for 20 seconds, 10 seconds rest, repeated for 4 minutes total (8 × 20 s). Rest 1 minute, then run another 4-minute round. Better still, replace the burpees with a boxing piece — a cross–hook–cross combination on the bag or pads.

KEEP TRAINING

SAFE & EFFECTIVE LIFTING

1. **Don't overtrain.** Technique is paramount to begin with — not volume.
2. **Control the negative.** Lowering the weight matters as much as lifting it. Count to three on the way down.
3. **Don't compare yourself to others in the gym.** Plenty use poor technique, or chemicals.
4. **Pin your ego at the door.** Lift too heavy and you'll get injured fast.
5. **Deadlifts and squats are king** — but technique is critical. Film yourself and get guidance where you can.

GET IT RIGHT

TECHNICAL ADVICE

SQUATS

To hit depth, start the movement by pushing your hips back over your heels.

- Keep your line of sight straight ahead.
- Chest up, torso upright.
- **Do not round your back** — this risks serious injury.
- Beginners: use a higher rep range while you master the pattern.
- Struggling with barbell squats? Start with dumbbell squats, or free-standing squats for higher reps.

DEADLIFTS

- Line of sight straight ahead.
- Chest up, torso upright, shoulders back.
- Avoid rounding your back to prevent serious injury.
- Start light until your technique is perfect.
- Get someone to watch your form, or film yourself.
- Wear tracksuit bottoms or long socks — the bar can scrape your shins.
- Struggling? Use a rack and pull partial deadlifts from just below the knee.

BENCH PRESS

- Don't round or over-arch your back.
- Fix your eyes on a spot on the ceiling; imagine pressing the bar up and your body down

- Fix your eyes on a spot on the ceiling, imagine pressing the bar up and your body down through the bench.
- Take at least three seconds to lower the bar and pause before the next rep.

LEAVE THESE OUT

EXERCISES TO AVOID

1. **Behind-the-neck press** — high risk of rotator-cuff and shoulder injury.
2. **Sit-ups** — they don't burn belly fat and can stress the lumbar spine. Use crunches or planks instead.
3. **Smith-machine bench press** — the natural bench path is curved; the Smith forces a linear groove and loads the shoulder joint.
4. **Hip adductor / abductor machines** — little muscle worked. One set if you must, but never in place of squats or lunges.
5. **Upright rows** — protect your shoulders if longevity matters; keep them light and do few, if any.

KIT UP

NEED A PUNCH BAG?

Every warm-down in this programme finishes on the bag. If you're training at home, a solid freestanding or hanging bag is the one piece of kit worth getting right.

BROWSE PUNCH BAGS

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Fitness & MMA blog — pro-level training, mental strategy and in-depth fitness protocols. Always train within your ability and seek qualified coaching for heavy lifting and sparring.