

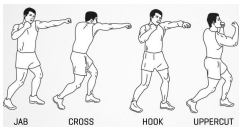
## Simons Boxing padwork circuit :

2 x minutes of pad work and 1 x minute of an exercise = 1 x round.

After each round have a 30 x second rest and repeat with a different pad combo and exercise until you have completed 5 x rounds.

(if you have no one to hold pads for you then use a punch bag or shadow spar the combinations)

**Warm up** - 2 x 3 minute rounds of skipping ( if you can't skip, please try as its great for coordination and engages your abdominal muscles to help stabilise your body)



**Round 1:** jab , cross, hook 2 x minutes  
Burpee's 1 x minute

**Round 2:** Double jab, uppercut.  
Diamond press ups

**Round 3:** Hook, uppercut , hook.  
Bicycle crunch

**Round 4:** Lead uppercut , rear uppercut, lead hook.  
Mountain climbers

**Round 5:** Cross, lead uppercut, cross  
Russian twists (with kettlebell or medicine ball)

## Shadow sparring and skipping finisher:

2 x minutes of shadow sparring and 1 x minute of skipping = 1 x round

After each round have a 10 x second rest and repeat until you have completed 3 x rounds.

**Stretching:** Hold for 30 x seconds, release for 10 x seconds and repeat

**Hamstring stretch:** Bend forward as far as possible while keeping your legs straight

**Quadricep stretch:** Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh

**Chest stretch:** stand tall, feet shoulder width apart, hold arms out in front of you at chest height and then pull arms back until you feel the stretch in your chest.

**Cross body shoulder stretch:** Take your right arm and cross over your body along your chest line, bend your left arm and draw your right arm tight to your body, feeling the stretch in your right shoulder. Repeat the opposite side.

