15 MINUTE

# **BOXING WORKOUT**



Aaron Swenson FightCamp Trainer @SwensonBoxing



4 ROUNDS. 1 MINUTE REST BETWEEN ROUNDS.

## COMBO 1

Double Jab + Cross

1 MINUTE



# COMBO 2

Jab + Cross + Lead Uppercut

1 MINUTE



# COMBO 3

Lead Uppercut + Rear Uppercut

1 MINUTE

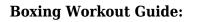


REST 1 MINUTE

FIGHT

## **Boxing Workout Guide**

**Debbie Lawrence, Richard (Bob) Hope** 



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• Interactive and Gamified eBooks

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