



## FITNESS BOXING PROGRAM 1

*"Train like a Fighter"*



### 01. SESSION INTRODUCTION

#### 01.1 Intro by instructor and presentation of the session:

- Those who are on trial session will receive test gloves if they have not purchased their own gloves
- All participants find a station in the gym
- The instructor welcomes all members to Fitness boxing
- Presentation of the instructor – name etc.

#### 01.2 Brief info about Fitness Boxing:

- Martial arts inspired circular training with 3 stations
- Station 1 punching bag - station 2 step box - station 3 slam ball
- Each session consists of 3 rounds
- The participants work through 3 stations twice in each round
- Each station has 60 seconds of work time
- Between each station there is a 30 second break
- Between each round there is a 2 minute break
- Participants follow the stations' ranks

#### 01.3 Set up of rounds:

In one round, the member must go twice through all stations.

Each station lasts for 1 minute with active work. Between each station there is a 30 second break where one moves on to the next station. The member must follow the order in which the stations are set up. Station 1 is first, then station 2 and then 3. After station 3, it's back to station 1 and so on. This is the order every member follows, no matter what station they started at.

## 02. PRESENCE AND WARM UP

### 02.1 Initial exercises:

- Keeping a guard - Bowing and greeting the class
- Dynamic movements

### 02.2 Awareness / Breathing technique:

- Closed eyes
- Breathe in through your nose
- Exhale with mouth
- Repeat this for 15-20 seconds

### 02.3 Lower body warmup:

Spread feet, bend forward and stretch hamstrings.

Put hands down on the floor, lean forward and stretch the forearm. Turn the front of the hands to the floor and lean backwards, rock for a few seconds and straighten the upper body. Pull your feet 2 notches in towards the body, do a lateral lunge and stretch the inner thigh and swap side after a few seconds.

Stretch your feet to hip position. Sit in a deep squat and rock for a few seconds. Fingers under toes, lift your seat up the and straighten knees - repeat 8 times, then straighten upper body. Do a long reversed lunge and stretch the hip flexors, switch legs after a few seconds, repeat 2 times on each side.

Jump up and down and rotate your hips.  
Bend knees and rotate.

### 02.4 Upper body warmup:

- Rotate both arms forward for about 10 seconds
- Rotate both arms backwards for about 10 seconds
- Both hands straight forward, then rotate one backwards and the other forward
- Shake your body

### 02.5 Increase heart rate

- Leg raises, about 30 seconds per leg
- "Jumping jacks" the remaining time

## 03. STATION EXERCISES PROGRAM 1

### Round 1:

ST1: Punching bag - Jab - cross - left hook - grab the bag 2 right knees - step back and 1 right round kick. (change side each time)

ST2: Step box - Both feet on the box from start. step to the side and do a squat with one leg on the box and one leg on the ground. Repeat from side to side.

ST3: Slam ball - push-up with one hand on the floor and one hand on the ball. Roll it to the side and put the other hand on the ball and repeat.

### Round 2:

ST1: Punching bag - Four uppercuts four hooks step to the side and repeat. The uppercuts are fast. The hooks with power.

ST2: Step box - both feet on the box do backward lunges with hands up.

ST3: Slam ball - 3 situps - 3 seated slam ball from side to side, repeat

### Round 3:

ST1: Punching bag - 4 straight punches - 3 left hooks while stepping to the left - 1 right round kick, repeat on the same side.

ST2: Step box - start on the box do 1 squat - jump back and do 1 burpee with hands on the box. jump on the box again and repeat.

ST3: Slam ball - Start in plank with straight arms and roll ball from side to side between your arms. focus on core stability.

## 04. END OF SESSION

### 04.1 Cool down:

- Spread feet, bend forward and stretch hamstrings.
- Rock for a few seconds and straighten the upper body
- Feet 2 notches towards the body
- Side lunges and stretch inside thighs and change legs after a few seconds
- Stretch your feet to the hip position
- Long reverse lunge and stretching hip flexors then change legs after a few seconds
- Stretch both hands forward and stretch out between shoulder blades
- Both hands up above the head, bending to both sides and stretching
- Both hands down and behind the back, push the shoulder blades toward each other and stretch the chest
- Shake your body

#### **04.2 Ending the class:**

Stay focused and keep everyone's attention - Thank the participants for showing up and for their good effort, and make them applaud themselves. Remember to introduce yourself as the PT at the gym and offer them a PT session or simply some good advice!

## **05. RESOURCES:**

- MUSIC FILE **Program 1** is found [on this link](#)
- VIDEO INSTRUCTIONS for **warm-up** is found [on this link](#)
- VIDEO INSTRUCTIONS **Program 1** is found [on this link](#)

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