



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 5

Round 1:

ST1: Punching bag – 2 hooks left hand – 2 jabs – 2 cross – 2 hooks right hand

ST2: Step box – box jumps – ass to the grass before and after you jump

ST3: Slam ball go from 10 to 1 - seated slam ball side to side and scissors with legs while holding ball

Round 2:

ST1: Punching bag – 2 jabs – 1 cross – 1 right round kick

ST2: Step box – feet on the box while standing in planch – walk with your hands as close as you can to the box while your butt goes in the air - Then walk back again

ST3: Slam ball – rotational lunges – hold the ball to your chest while standing straight – at the same time you take a lunge straighten out your hands with the ball. While in a lunge rotate the ball to each side(90 degrees) then back again. Repeat with other leg.

Round 3:

ST1: Punching bag - 10 to 1- right round kick – skipstep - left round kick. Always kick with the backleg.(advanced rapidfire kicks)

ST2: Step box – sit on the box with your hands out to the side on the box holding your balance – pull your knees to your chest – straighten them out again.

ST3: Slam ball – pick the ball up with straight back – take the ball over your head – slam the ball to the ground while doing a squat.

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 2 is found [on this link](#)

VIDEO INSRUCTIONS for warm-up is found [on this link](#)

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