HOME WORKOUTS

When taking part in UWCB you get 8 weeks of FREE boxing training at your local boxing gym. To get the most out of the experience it's up to you to put in the work in your own time too.

We've put together some workout ideas that don't require any equipment and can be done anywhere you have space.

SESSION 1

10 BURPEES
REST 1 MIN

10 BURPEES
25 PRESS UPS
REST 1 MIN

10 BURPEES
25 PRESS UPS
50 LUNGES
REST 1 MIN

10 BURPEES
25 PRESS UPS
50 LUNGES
100 SIT UPS
REST 1 MIN

10 BURPEES
25 PRESS UPS
50 LUNGES
100 SIT UPS
150 SQUATS
REST 1 MIN

10 BURPEES
25 PRESS UPS
50 LUNGES
100 SIT UPS
150 SQUATS
300m RUN

SESSION 2

EVERY MINUTE ON THE MINUTE (EMOM)

10 PRESS UPS
15 BURPEES
20 SQUATS
25 SIT UPS
REST 1 MIN
REPEAT 4 TIMES

SESSION 3

AS MANY ROUNDS AS POSSIBLE (AMRAP)

20 SIT UPS
10 BURPEES
10 MINUTES

SESSION 4

AS MANY ROUNDS AS POSSIBLE (AMRAP)
15 MINUTES
15 SIT UPS
10 BURPEES
5 PRESS UPS

SESSION 5

40 MINUTE RECOVERY RUN

SESSION 6

10 BURPEES
1 MINUTE SHADOW BOXING
REPEAT 5 TIMES

SESSION 7

AS FAST AS YOU CAN

10 BURPEES
15 PRESS UPS
20 SIT UPS
25 SQUATS
REPEAT 5 TIMES

SESSION 8

100 OF EACH:

BURPEES
SIT UPS
SQUATS
PRESS UPS
TWIST SIT UPS