

15 MIN

NO EQUIPMENT



Aaron Swenson
FightCamp Trainer
@Swensonboxing

BOXING WORKOUT #1

3 combos per round | 1 min rest between rounds | x4 rounds

1 MIN

Combo 1



JAB



JAB



CROSS

1 MIN

Combo 2



JAB



CROSS



LEAD
UPPERCUT

1 MIN

Combo 3



LEAD
UPPERCUT



REAR
UPPERCUT

Boxing Training Program

O García



Boxing Training Program :

Boxing Training Program Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Boxing Training Program** , a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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