

Set timer for 3 minute rounds

ROUND 1: BASIC SKILLS & COMBINATIONS: Move in and out. Circle the bag. Pretend the bag is hitting back. Keep your fundamentals intact.

ROUND 2: CONTROL THE DISTANCE. Use the Jab, keep it in your "opponent's face", pop in and out

ROUND 3: LATERAL MOVEMENT: Throw combinations and circle your opponent. Throw your combination and be out!

ROUND 4: SPEED: Throw those punches quick but remember to keep your head off the line.

ROUND 5: POWER & ENDURANCE: Maximize the power shots (Right Hand, Left Hook; UpperCut, Left Hook, Straight Right)

ROUND 6: 15 ON / 15 OFF (INTERVAL TRAINING): Come right out and throw moderate (Power) combinations for 15 seconds, then turn up for 15 seconds for explosive (Speed) punches

ROUND 7: PARTNER INTERVAL CIRCUIT: 1 person on bag doing combinations while the other throwing shadowboxing combinations. Switch.

ROUND 8: THE SPIN DRILL: 15 seconds one person goes body/head shots while the other guy spins for 15 seconds then throws punches on the bag

ROUND 9: PUNCHING OUT: Throw punches high and low. Nonstop punching. When you get tired, pump the Jab.

ROUND 10: EXPLOSIVE POWER: Using the plyometric movement of pushing the bag.