

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

**H Kauffman**



## **Boxing Training Program :**

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Boxing Training Program** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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