

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  
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# Boxing Training Program

**Jiyuan Zhang**



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## **Table of Contents Boxing Training Program**

1. Understanding the eBook Boxing Training Program
  - The Rise of Digital Reading Boxing Training Program
  - Advantages of eBooks Over Traditional Books
2. Identifying Boxing Training Program
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Boxing Training Program
  - User-Friendly Interface

4. Exploring eBook Recommendations from Boxing Training Program
  - Personalized Recommendations
  - Boxing Training Program User Reviews and Ratings
  - Boxing Training Program and Bestseller Lists
5. Accessing Boxing Training Program Free and Paid eBooks
  - Boxing Training Program Public Domain eBooks
  - Boxing Training Program eBook Subscription Services
  - Boxing Training Program Budget-Friendly Options
6. Navigating Boxing Training Program eBook Formats
  - ePub, PDF, MOBI, and More
  - Boxing Training Program Compatibility with Devices
  - Boxing Training Program Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Boxing Training Program
  - Highlighting and Note-Taking Boxing Training Program
  - Interactive Elements Boxing Training Program
8. Staying Engaged with Boxing Training Program
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Boxing Training Program
9. Balancing eBooks and Physical Books Boxing Training Program
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Boxing Training Program
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Boxing Training Program
  - Setting Reading Goals Boxing Training Program
  - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Boxing Training Program
  - Fact-Checking eBook Content of Boxing Training Program
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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