

Debra Atkinson's
MUSCLES IN MINUTES BONUS!
BOXING INTERVALS

Guide



FUN, CONVENIENT, DO-ANYWHERE WORKOUT
EASY ON KNEES, TOUGH ON FAT



YOU'RE ABOUT TO EXPERIENCE A KNOCKOUT WORKOUT!

Yes, you can box! It's fun, fast paced, and a welcome change from the treadmill. You can tone and tighten your upper arms while getting the perfect interval training workout so you can be done in minutes.

Once you learn four basic punches you can create a variety of different combinations. Then you can create infinite ways to use boxing to design your own quick workout any time.

The variables you'll have to work with:

- the punch or combination
- the length of work interval
- rest interval
- the number of intervals you do depending on your available time

Boxing intervals can be your warm up before weights. If you're wondering whether or not you use gloves, you don't need them. They do add a little more resistance. Twelve ounces doesn't sound like a lot but you'll be surprised. Gloves come in 12 or 16 ounces. I recommend you work with your bodyweight first.





TO PLAN A WORKOUT:

1. Decide what length of time you have to do your intervals.
2. Start with 30-seconds of any of the intervals below on the right and on the left for a one minute interval.
3. Recover for a minute.
4. Repeat the same drill or do a different one.
5. The total interval cycle with work/recovery is two minutes.
6. A true "round" in boxing is three minutes. You might want to work up to that (a minute and a half on one side and then the other) but you don't have to follow any rules other than keeping a balance in your body.

Balance the work you do on the right and left sides when you're boxing for fitness. That is, if you do a combination leading with your right for a minute, switch and do the same combination starting on your left for a minute.





SAMPLE BEGINNER WORKOUT:

1 minute Interval (30-sec each R/L)

1 minute Recovery

Repeat 5x for a total of 10 minutes of interval training

(Another option: do all 10 punches/combinations for a 20-minute workout)

TO PROGRESS:

Increase the length of your interval to two minutes by doing a full minute on both sides.
Recover for a minute.

SAMPLE PROGRESSION:

2-minute Intervals (1-min each R/L)

1-minute Recovery

Repeat 6x for a total of 18 minutes

(Another option: do 10 2-minute intervals with 1-minute recovery for a 30-min workout)

TO PROGRESS FURTHER:

Increase the length of your interval to three minutes by doing a minute and a half on each side.

Continue to rest for at least a minute between sets.

ULTIMATE PROGRESSION:

3-minute Intervals (1:30-min each R/L)

1-minute Recovery

Repeat for 5x for a 20-minute workout

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Repeat 10x for a 40-minute workout
Repeat 3x for a 12-minute quick workout or
a cross training mode to pair with elliptical,
walking, or biking for example

Tip: When you do intervals at high intensity start with a recovery time that is equal to or 1 ½ - 2x as long as the interval. If the beginner workout doesn't give you enough recovery, increase the duration by half or another full minute.



PUNCHES AND COMBINATIONS:

- #1 Jab
- #2 Cross
- #3 Hook
- #4 Upper Cut Review
- #5 Jab-Jab-Jab-Cross
- #6 Jab-Cross-Jab-Cross
- #7 Jab-Cross-Hook
- #8 Jab-Cross-Hook-Upper Cut
- #9 Jab-Jab-Cross-Hook
- #10 Fast Front Jab & Upper Cut

Hint: Check your form by doing punches in front of a mirror. Make sure your hands (or gloves) are up but your shoulders are not. Keep your neck and upper back relaxed.

Music makes boxing more fun. Add some favorite upbeat music and watch time fly!

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