



# HOME WORKOUTS

When taking part in UWCB you get 8 weeks of FREE boxing training at your local boxing gym. To get the most out of the experience it's up to you to put in the work in your own time too.

We've put together some workout ideas that don't require any equipment and can be done anywhere you have space.

## SESSION 1

10 BURPEES REST 1 MIN	10 BURPEES 25 PRESS UPS 50 LUNGES
10 BURPEES 25 PRESS UPS REST 1 MIN	100 SIT UPS 150 SQUATS REST 1 MIN
10 BURPEES 25 PRESS UPS 50 LUNGES REST 1 MIN	10 BURPEES 25 PRESS UPS 50 LUNGES 100 SIT UPS 150 SQUATS
10 BURPEES 25 PRESS UPS 50 LUNGES 100 SIT UPS REST 1 MIN	300m RUN

## SESSION 2

EVERY MINUTE ON  
THE MINUTE (EMOM)

10 PRESS UPS  
15 BURPEES  
20 SQUATS  
25 SIT UPS  
REST 1 MIN  
REPEAT 4 TIMES

## SESSION 3

AS MANY  
ROUNDS AS  
POSSIBLE  
(AMRAP)

20 SIT UPS  
10 BURPEES  
10 MINUTES

## SESSION 4

AS MANY ROUNDS AS POSSIBLE (AMRAP)  
15 MINUTES  
15 SIT UPS  
10 BURPEES  
5 PRESS UPS

## SESSION 5

40 MINUTE RECOVERY RUN

## SESSION 7

AS FAST AS YOU CAN

10 BURPEES  
15 PRESS UPS  
20 SIT UPS  
25 SQUATS  
REPEAT 5 TIMES

## SESSION 8

100 OF EACH:

BURPEES  
SIT UPS  
SQUATS  
PRESS UPS  
TWIST SIT UPS

## SESSION 6

10 BURPEES  
1 MINUTE SHADOW BOXING  
REPEAT 5 TIMES