

Movement of the Month Club

BOXING

For details go to bit.ly/MOTMCBoxing

Do each move for 45 seconds, then rest for 15 seconds.
Complete 3 rounds.

Day 1 Jab + Footwork	Day 2 Jab + Cross	Day 3 Hook Combo	Day 4 Uppercut Combo	Day 5 3-Punch Combo	Day 6 Endurance + Defense	Day 7 Shadow Box Shuffle Workout
Day 8 Boxing Warmup #1	Day 9 Punch, Bounce, Duck	Day 10 HIIT Punches	Day 11 Squat to Alternating Press	Day 12 Row to Hammer Curl	Day 13 Reverse Lunge + Punches	Day 14 Boxing Blitz and Build Workout
Day 15 Boxing Warmup #2	Day 16 Jack + Jab	Day 17 Hook + Duck	Day 18 Uppercut + Duck Combo	Day 19 Plank Walkout With Knee Drive	Day 20 Jab, Cross, Plank Jack	Day 21 Hook and Hustle Workout
Day 22 Plank Walkout With Shoulder Taps	Day 23 Hooks + Knee Drive	Day 24 Jab, Cross, Squat	Day 25 Supported Side Plank Leg Raise	Day 26 Split Squat Shuffle	Day 27 Reverse Lunge + Power Jacks	Day 28 Feel Good Fight Workout