

Workout Log

Weekly Weight:

Months Focus: Cardio and Conditioning for increase strength and speed

<i>Day 1 – Strength and conditioning</i>			
<i>Round 1</i>	<i>Muscle Group</i>	<i>Exercise on Punch Dummy</i>	<i>Time</i>
Station 1	<i>Cardio/Legs</i>	<i>3 x squat jumps- 1 x Turning kick</i>	<i>1 min</i>
Station 2	<i>Cardio/Arms</i>	<i>10 punches-10 mountain climbers</i>	<i>1 min</i>
Station 3	<i>Cardio/Legs</i>	<i>Step back lung(facing side on to target)-1 x Side kick with rear leg</i>	<i>1 min</i>
Station 4	<i>Cardio/Arms</i>	<i>10 punches- 1 burpee</i>	<i>1 min</i>
Station 5	<i>Cardio/Legs</i>	<i>Rope Skipping round 1</i>	<i>1 min</i>
Station 6	<i>Cardio/Arms</i>	<i>10 Punches- 1 Triceps push up</i>	<i>1 min</i>
Station 7	<i>Cardio/Legs</i>	<i>3 Turning Kicks – 1 tuck jump</i>	<i>1 min</i>
Station 8	<i>Cardio</i>	<i>Bear crawls – up and back leg of training area</i>	<i>1 min</i>
Station 9	<i>Cardio/Legs</i>	<i>Rope Skipping round 2</i>	<i>1 min</i>
Station 10	<i>Cardio/Arms</i>	<i>10 Punches – 2 Push ups</i>	<i>1 min</i>
Station 11	<i>Cardio/Core</i>	<i>Dummy sit ups with 2 punches(legs around dummy)</i>	<i>1 min</i>
Station 12	<i>Legs/arms</i>	<i>Wall squat static holding 5kg weight arms straight</i>	<i>1 min</i>
Station 13	<i>Cardio/Legs</i>	<i>Rope Skipping round 3</i>	<i>1 min</i>
Station 14	<i>Cardio/arms</i>	<i>1 pull up – 1 burpee</i>	<i>1 min</i>
Station 15	<i>Cardio/legs</i>	<i>Single leg step ups (use a bench or a solid chair)</i>	<i>1 min</i>
<i>5 minute recovery</i>			
<i>Round 2</i>	<i>Muscle Group</i>	<i>Exercise on Punch Dummy</i>	<i>Time</i>
Station 1	<i>Cardio/Legs</i>	<i>3 x squat jumps- 1 x Turning kick</i>	<i>45sec</i>
Station 2	<i>Cardio/Arms</i>	<i>10 punches-10 mountain climbers</i>	<i>45sec</i>
Station 3	<i>Cardio/Legs</i>	<i>Step back lung(facing side on to target)-1 x Side kick with rear leg</i>	<i>45sec</i>
Station 4	<i>Cardio/Arms</i>	<i>10 punches- 1 burpee</i>	<i>45sec</i>
Station 5	<i>Cardio/Legs</i>	<i>Rope Skipping round 1</i>	<i>45sec</i>
Station 6	<i>Cardio/Arms</i>	<i>10 Punches- 1 Triceps push up</i>	<i>45sec</i>
Station 7	<i>Cardio/Legs</i>	<i>3 Turning Kicks – 1 tuck jump</i>	<i>45sec</i>
Station 8	<i>Cardio</i>	<i>Bear crawls – up and back leg of training area</i>	<i>45sec</i>
Station 9	<i>Cardio/Legs</i>	<i>Rope Skipping round 2</i>	<i>45sec</i>
Station 10	<i>Cardio/Arms</i>	<i>10 Punches – 2 Push ups</i>	<i>45sec</i>
Station 11	<i>Cardio/Core</i>	<i>Dummy sit ups with 2 punches(legs around dummy)</i>	<i>45sec</i>
Station 12	<i>Legs/arms</i>	<i>Wall squat static holding 5kg weight arms straight</i>	<i>45sec</i>
Station 13	<i>Cardio/Legs</i>	<i>Rope Skipping round 3</i>	<i>45sec</i>
Station 14	<i>Cardio/arms</i>	<i>1 pull up – 1 burpee</i>	<i>45sec</i>
Station 15	<i>Cardio/legs</i>	<i>Single leg step ups (use a bench or a solid chair)</i>	<i>45sec</i>

No stopping between sets- set everything up ready to use

<i>Day 2 – Core conditioning</i>			
<i>Round 1</i>	<i>Muscle Group</i>	<i>Exercise on Punch Dummy</i>	<i>Time</i>
Station 1	<i>Core</i>	<i>Jack Knife Crunches</i>	<i>1 min</i>
Station 2	<i>Core</i>	<i>Plank Lateral Leg Kick</i>	<i>1 min</i>
Station 3	<i>Core</i>	<i>Squat and twist with 5kg weight</i>	<i>1 min</i>
Station 4	<i>Core</i>	<i>Cross Leg hip Raises</i>	<i>1 min</i>
Station 5	<i>Core</i>	<i>Plank Scorpions</i>	<i>1 min</i>
Station 6	<i>Core</i>	<i>Jack Knife Crunches</i>	<i>1 min</i>
Station 7	<i>Core</i>	<i>Plank Lateral Leg Kick</i>	<i>1 min</i>
Station 8	<i>Core</i>	<i>Squat and twist with 5kg weight</i>	<i>1 min</i>
Station 9	<i>Core</i>	<i>Cross Leg hip Raises</i>	<i>1 min</i>
Station 10	<i>Core</i>	<i>Plank Scorpions</i>	<i>1 min</i>
Station 11	<i>Core</i>	<i>Jack Knife Crunches</i>	<i>1 min</i>
Station 12	<i>Core</i>	<i>Plank Lateral Leg Kick</i>	<i>1 min</i>
Station 13	<i>Core</i>	<i>Squat and twist with 5kg weight</i>	<i>1 min</i>
Station 14	<i>Core</i>	<i>Cross Leg hip Raises</i>	<i>1 min</i>
Station 15	<i>Core</i>	<i>Plank Scorpions</i>	<i>1 min</i>
<i>5 minute recovery</i>			
<i>Round 2</i>	<i>Muscle Group</i>	<i>Exercise on Punch Dummy</i>	<i>Time</i>
Station 1	<i>Core</i>	<i>V-ups</i>	<i>45sec</i>
Station 2	<i>Core</i>	<i>Full Extensions with 5kg weight</i>	<i>45sec</i>
Station 3	<i>Core</i>	<i>Suitcases with 5kg weight</i>	<i>45sec</i>
Station 4	<i>Core</i>	<i>Side plank crunch- swap side half way</i>	<i>45sec</i>
Station 5	<i>Core</i>	<i>Frogger with swivel</i>	<i>45sec</i>
Station 6	<i>Core</i>	<i>V-ups</i>	<i>45sec</i>
Station 7	<i>Core</i>	<i>Full Extensions with 5kg weight</i>	<i>45sec</i>
Station 8	<i>Core</i>	<i>Suitcases with 5kg weight</i>	<i>45sec</i>
Station 9	<i>Core</i>	<i>Side plank crunch</i>	<i>45sec</i>
Station 10	<i>Core</i>	<i>Frogger with swivel</i>	<i>45sec</i>
Station 11	<i>Core</i>	<i>Plank in push up position</i>	<i>45sec</i>
Station 12	<i>Core</i>	<i>Side plank swap half way</i>	<i>90sec</i>
Station 13	<i>Core</i>	<i>Opposite arm/leg superman's</i>	<i>45sec</i>
Station 14	<i>Core</i>	<i>Kick downs</i>	<i>45sec</i>

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<i>Day 3 – Strength and conditioning</i>			
<i>Round 1</i>	<i>Muscle Group</i>	<i>Be Explosive</i>	<i>Time</i>
Station 1	<i>Cardio/Legs</i>	<i>Walking Lunges</i>	<i>1 min</i>
Station 2	<i>Cardio/Legs</i>	<i>Rope Skipping round 1</i>	<i>1 min</i>
Station 3	<i>Cardio/Arms</i>	<i>Walk outs- out to push up and back up</i>	<i>1 min</i>
Station 4	<i>Cardio/Arms</i>	<i>Push ups with feet on medicine ball</i>	<i>1 min</i>
Station 5	<i>Cardio/Arms</i>	<i>Dead lift with Row use 5kg weights</i>	<i>1 min</i>
Station 6	<i>Cardio/Legs</i>	<i>Rope Skipping round 2</i>	<i>1 min</i>
Station 7	<i>Cardio/arms</i>	<i>Plank row with standing shoulder press use 5kg weights</i>	<i>1 min</i>
Station 8	<i>Cardio/Legs</i>	<i>Single leg clock squats- move side to side tap weight in front of foot</i>	<i>1 min</i>
Station 9	<i>Cardio/arms</i>	<i>Plank walks- up/down</i>	<i>1 min</i>
Station 10	<i>Cardio/Legs</i>	<i>Rope Skipping round 3</i>	<i>1 min</i>
Station 11	<i>Cardio/Legs</i>	<i>Step back lung with shoulder press</i>	<i>1 min</i>
Station 12	<i>Cardio/Legs/arms</i>	<i>Squat single arm press</i>	<i>1 min</i>
Station 13	<i>Cardio/Arms</i>	<i>5kg weight swing</i>	<i>1 min</i>
Station 14	<i>Cardio/Legs</i>	<i>Rope skipping round 4</i>	<i>1 min</i>
Station 15	<i>Cardio/Arms</i>	<i>5kg weight around the world- front in front to above head</i>	<i>1 min</i>
<i>5 minute recovery</i>			
<i>Round 2</i>	<i>Muscle Group</i>	<i>Exercise on Punch Dummy</i>	<i>Time</i>
Station 1	<i>Cardio/Legs</i>	<i>Walking Lunges</i>	<i>45sec</i>
Station 2	<i>Cardio/Legs</i>	<i>Rope Skipping round 1</i>	<i>45sec</i>
Station 3	<i>Cardio/Arms</i>	<i>Walk outs- out to push up and back up</i>	<i>45sec</i>
Station 4	<i>Cardio/Arms</i>	<i>Push ups with feet on medicine ball</i>	<i>45sec</i>
Station 5	<i>Cardio/Arms</i>	<i>Dead lift with Row use 5kg weights</i>	<i>45sec</i>
Station 6	<i>Cardio/Legs</i>	<i>Rope Skipping round 2</i>	<i>45sec</i>
Station 7	<i>Cardio/arms</i>	<i>Plank row with standing shoulder press use 5kg weights</i>	<i>45sec</i>
Station 8	<i>Cardio/Legs</i>	<i>Single leg clock squats- move side to side tap weight in front of foot</i>	<i>45sec</i>
Station 9	<i>Cardio/arms</i>	<i>Plank walks- up/down</i>	<i>45sec</i>
Station 10	<i>Cardio/Legs</i>	<i>Rope Skipping round 3</i>	<i>45sec</i>
Station 11	<i>Cardio/Legs</i>	<i>Step back lung with shoulder press</i>	<i>45sec</i>
Station 12	<i>Cardio/Legs/arms</i>	<i>Squat single arm press</i>	<i>45sec</i>
Station 13	<i>Cardio/Arms</i>	<i>5kg weight swing</i>	<i>45sec</i>
Station 14	<i>Cardio/Legs</i>	<i>Rope skipping round 4</i>	<i>45sec</i>
Station 15	<i>Cardio/Arms</i>	<i>5kg weight around the world- front in front to above head</i>	<i>45sec</i>

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