

**21**  
**DAY**

**BOXING**  
**BOOTCAMP**  
**CIRCUITS**

**BY: GEORGETTE PANN  
AND TAMMY GREER**

# 21 DAY BOXING BOOTCAMP CIRCUITS

## Pre Warm-up Stretching/Rotations: 1 minute each

Slow Round Kicks, left and right (30 seconds each direction)

Hip Rotations, clockwise and counterclockwise (30 seconds each direction)

Arm Rotations, forward and backward (30 seconds each direction)

Wrist Rotations (30 seconds each direction)

Ankle Rotations (30 seconds each direction)

Side Bends with Arm Reaches

## Warm-ups: 1 minute each

- 🏋️ Squat Jumps
- 🏋️ Jumping Jacks
- 🏋️ Lunges
- 🏋️ Mountain Climbers
- 🏋️ Pushups

## Cool-downs:

- 🏋️ Full Body stretches with deep breathing

## WORKOUT 1:

***Jump Rope needed. Perform each exercise for 1 minute. Rest for 2 minutes. Perform circuit 4 times.***

- 🏋️ Jump Rope
- 🏋️ Duck Walks with Uppercuts (walking forward with right leg, punching with left, pivoting back foot)
- 🏋️ Alternating Front Kicks
- 🏋️ Staggered Pushups
- 🏋️ Squat to Side Kicks
- 🏋️ Inverted Rows

## **WORKOUT 2:**

### ***Dumbbells needed.***

- 🕒 Slow Squats on toes with Overhead Shoulder Dumbbell Presses (15 reps)
- 🕒 Squat holds with slow Dumbbell Bicep Curls (15 reps)
- 🕒 Jab & Cross...Left foot forward, 2 jabs with left hand, Cross with right (2 minutes)
- 🕒 Standard Pushups (15 reps)
- 🕒 High-speed Knee-high Runs (30 seconds)
- 🕒 Jab & Cross...Right foot forward, 2 jabs with right hand, Cross with left (2 minutes)
- 🕒 Rest for 1 minute. Repeat circuit 3 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross.*

## **WORKOUT 3:**

### ***Dumbbells needed.***

- 🕒 Alternating Stationary Back Lunges holding dumbbells (20 reps total)
- 🕒 Bent-over Dumbbell Back Rows (15 reps)
- 🕒 Plank with Alternating Hip-to-Floor Touches (20 reps total)
- 🕒 Standing Side-to-side Crunches (30 seconds)
- 🕒 Rest for 30 seconds
- 🕒 Diamond Pushups (15 reps)
- 🕒 Jab & Cross...Left foot forward, 2 jabs with left hand, Cross with right (2 minutes)
- 🕒 Jab & Cross...Right foot forward, 2 jabs with right hand, Cross with left (2 minutes)
- 🕒 Rest for 30 seconds. Repeat circuit 2 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross.*

## WORKOUT 4:

### Body-weight

- 🕒 Mountain Climbers (30 seconds)
- 🕒 Staggered Pushups (30 seconds)
- 🕒 Jab & Cross...Left foot forward, 2 jabs with left hand, 2 Cross with right (1 minute)
- 🕒 Jab & Cross...Right foot forward, 2 jabs with right hand, 2 Cross with left (1 minute)
- 🕒 Jump Squats (15 reps)
- 🕒 Rest for 2 minutes
- 🕒 Mountain Climbers (45 seconds)
- 🕒 Staggered Pushups (45 seconds)
- 🕒 Jab & Uppercut... Left foot forward, 2 jabs with left hand, 1 Uppercut with right (1 minute)
- 🕒 Jab & Uppercut...Right foot forward, 2 jabs with right hand, 1 Uppercut with left (1 minute)
- 🕒 Rest for 2 minutes. Repeat circuit 2 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross and uppercut.*

## WORKOUT 5:

**Jump Rope and Resistance Bands needed. Perform each exercise for 2 minutes. Complete all exercises and rest for 2 minutes. Perform circuit 4 times.**

- 🕒 Jump Rope
- 🕒 Lat Pull-down with Band
- 🕒 Jab, Cross, Hook... Left foot forward, 2 jabs with left hand, Cross with right, Hook with left
- 🕒 Jab, Cross, Hook... Right foot forward, 2 jabs with right hand, Cross with left, Hook with right
- 🕒 Squat Thrusts

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross, and pivot the front leg when you hook.*

## WORKOUT 6:

### **Dumbbells needed.**

- 📄 Shadow Boxing (1 minute)
- 📄 Squats with Alternating Front Kicks holding dumbbells to chest (1 minute)
- 📄 Military Pushups with a slow negative (1 minute)
- 📄 Wide Squats on Toes holding dumbbell overhead in one hand....perform this exercise slow focusing on keeping the chest out and head up (30 seconds each hand)
- 📄 Jab, Cross, Hook, Uppercut... Left foot forward, 2 jabs with left hand, Cross with right, Hook with left, Uppercut with right. (2 minutes)
- 📄 Jab, Cross, Hook, Uppercut... Right foot forward, 2 jabs with right hand, Cross with left, Hook with right, Uppercut with left. (2 minutes)
- 📄 Rest for 2 minutes. Repeat circuit 3 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross and uppercut, and pivot the front leg when you hook.*

## WORKOUT 7:

### **Partner training. Medicine balls needed.**

- 📄 Wheelbarrow... Partner #1 walks on hands while Partner #2 holds onto Partner 1's ankles (1 minute for each partner)
- 📄 Side-to-side Twists with medicine ball... Partners are back-to-back and hand off ball as they twist (1 minute)
- 📄 Jab & Cross...Left foot forward, 2 jabs with left hand, 2 Cross with right (Partner #1 holds mitt while Partner #2 performs exercise) (2 minutes each partner)
- 📄 Jab & Cross...Right foot forward, 2 jabs with right hand, 2 Cross with left (Partner #1 holds mitt while Partner #2 performs exercise) (2 minutes each partner)
- 📄 Rest for 2 minutes.
- 📄 Wheelbarrow Complex... Partner #1 performs pushups while Partner #2 performs squats (1 minute for each partner)
- 📄 Medicine Ball Throws... Partners throw ball to each other from chest with equal amount of force from arms (1 minute)
- 📄 Rest for 2 minutes. Repeat circuit 2 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross.*



## WORKOUT 8:

***Dumbbells and Jump Rope needed.***

- 🕒 Side Squats holding dumbbells. (1 minute each direction)
- 🕒 Jump Rope (2 minutes)
- 🕒 Jab & Cross...Left foot forward, 2 jabs with left hand, 2 Cross with right (2 minutes)
- 🕒 Jab & Cross...Right foot forward, 2 jabs with right hand, 2 Cross with left (2 minutes)
- 🕒 Rest for 1 minute.
- 🕒 Lunge Jumps (30 seconds)
- 🕒 Speed Bag (2 minutes)
- 🕒 Alternating High Plank to Low Plank (1 minute)
- 🕒 One-arm Dumbbell Back Row... Slow on the negative (1 minute on each arm)
- 🕒 Uppercuts holding dumbbells (1 minute)
- 🕒 Rest for 1 minute. Repeat circuit 3 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross.*

## WORKOUT 9:

***Perform each exercise for 1 minute. Complete all exercises and rest for 2 minutes. Perform circuit 4 times.***

- 🕒 Roundhouse Kicks (left)
- 🕒 Roundhouse Kicks (right)
- 🕒 Hook & Uppercut...Left foot forward, Hook with left hand, Uppercut with right
- 🕒 Hook & Uppercut...Right foot forward, Hook with right hand, Uppercut with left
- 🕒 Jumping Jacks
- 🕒 Diamond Pushups

*\*note: make sure you pivot the front leg to a 90 degrees angle on the ball of your foot when you hook, and pivot the back leg when you uppercut.*

## **WORKOUT 10:**

***Perform each exercise for 1 minute. Complete all exercises and rest for 2 minutes. Perform circuit 4 times.***

- 👤 Bear Crawls
- 👤 Crab Walks
- 👤 Wide Squat-hold on toes
- 👤 Jab... Left foot forward, Jab with left (traveling forward, Jab with every step of left foot. Always keep right foot behind)
- 👤 Jab... Right foot forward, Jab with right (traveling forward, Jab with every step of right foot. Always keep left foot behind)
- 👤 Deep Wide Squats with Uppercuts
- 👤 Mountain Climbers
- 👤 Plank
- 👤 Laying Leg Raises

## **WORKOUT 11:**

***Light-weight Dumbbells and Jump Rope needed.***

- 👤 Jump Rope (3 minutes)
- 👤 Shadow Boxing (3 minutes)
- 👤 Jump Rope (3 minutes)
- 👤 Squat-hold with Alternating Punches holding dumbbells (30 seconds)
- 👤 Left Lunge to High Plank to Low Plank to Jump up to stand...Repeat on right (1 minute)
- 👤 Dumbbell Lateral Raises (15 reps very slow)
- 👤 Quick Steps with Uppercuts (30 seconds)
- 👤 Bent-over Reverse Dumbbell Flyes (15 reps very slow)
- 👤 Rest for 2 minutes. Repeat circuit 3 more times.

## WORKOUT 12:

**Tabata...Perform exercise hardcore for 20 seconds then rest for 10 seconds. Repeat 8 times then move on to next exercise.**

- 🏋️ Jump Squats
- 🏋️ Staggered Pushups
- 🏋️ Rest for 1 minute
- 🏋️ Side-to-side Kicks
- 🏋️ Punches on Heavy Bag
- 🏋️ Rest for 1 minute
- 🏋️ 180 degree Turns
- 🏋️ High-knee Side Steps with Punches

## WORKOUT 13:

**Resistance Bands needed.**

*Round 1: Perform first round with slow and controlled intensity, focusing on the contraction of the muscle being worked.*

- 🏋️ Wide Squats with Uppercuts using band (20 reps total)
- 🏋️ Inverted Rows (20 reps)
- 🏋️ Bench Dips (20 reps)
- 🏋️ Bicep Curls using bands (20 reps)
- 🏋️ Rest for 1 minute.

*Round 2: Perform second round with high intensity, focusing on speed and technique. 1 minute for each exercise.*

- 🏋️ Wide Squats with Uppercuts using band
- 🏋️ Inverted Rows
- 🏋️ Bench Dips
- 🏋️ Bicep Curls using bands
- 🏋️ Rest for 1 minute.
- 🏋️ Repeat entire circuit 2 more times.



## WORKOUT 14:

**Jump Rope needed.**

- 🕒 Jump Rope (3 minutes)
- 🕒 Jab & Cross...Left foot forward, 2 jabs with left hand, 2 Cross with right (3 minutes)
- 🕒 Jab & Cross...Right foot forward, 2 jabs with right hand, 2 Cross with left (3 minutes)
- 🕒 Squat Thrust Jumps (15 reps)
- 🕒 Spiderman Pushups (15 reps)
- 🕒 Duck Walks (2 minutes)
- 🕒 Speed Bag (3 minutes)
- 🕒 Rest for 2 minutes. Repeat circuit 2 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross.*

## WORKOUT 15:

**Partner training.**

- 🕒 Partner #1 performs plank while Partner #2 performs side-to-side plyo jumps off Partner 1 (1 minute for each Partner)
- 🕒 Jab, Cross, Hook, Uppercut... Left foot forward, 2 jabs with left hand, Cross with right, Hook with left, Uppercut with right. (2 minutes each partner)
- 🕒 Jab, Cross, Hook, Uppercut... Right foot forward, 2 jabs with right hand, Cross with left, Hook with right, Uppercut with left. (2 minutes each partner)
- 🕒 Leg Slams... Partner #1 on top slamming Partner #2's legs down while Partner #2 holds on to Partner #1's ankles (20 reps for each partner)
- 🕒 Leap Frog to Jump Squat to Pushup (2 minutes)
- 🕒 Rest for 2 minutes. Repeat circuit 2 more times.

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross and uppercut, and pivot the front leg when you hook.*

## WORKOUT 16:

*Agility Ladder needed.*

- 🗄 Side Steps at a **moderate pace**...Using a cadence of "left, right" in each square (1 minute)
- 🗄 Side Steps at a **fast pace with knees high**... Using a cadence of "left, right" in each square (1 minute)
- 🗄 Side Steps at a **fast pace and punching**... Using a cadence of "left, right" in each square (1 minute)
- 🗄 Traveling Pushups...Start with Diamond Pushups in one square then place one hand in another square for a Standard Pushup. Continue to the end of ladder then repeat back to the other end. (1 round)
- 🗄 Rest for 2 minutes.
- 🗄 Ali Shuffle at a **moderate pace**... Shuffle back-and-forth with arms moving opposite of legs. Travel from one end of ladder to the other alternating feet in the squares. Repeat back to the other end (1 minute)
- 🗄 Ali Shuffle at a **fast pace**... Shuffle back-and-forth with arms **punching** opposite of legs. Travel from one end of ladder to the other alternating feet in the squares. Repeat back to the other end (1 minute)
- 🗄 Side Crawls... Similar to Traveling Pushups but without the actual pushup (1 round)
- 🗄 Rest for 2 minutes. Repeat circuit 2 more times.

## WORKOUT 17:

*Dumbbells needed.*

- 🗄 10 Squats, 10 Uppercuts, 10 Pushups (3 rounds)
- 🗄 10 Bent-over Dumbbell Back Rows, 10 Dumbbell Bicep Curls, 10 Overhead Dumbbell Shoulder Presses (3 rounds)
- 🗄 Speed Bag (3 minutes)
- 🗄 Jab, Cross, Hook... Left foot forward, 2 jabs with left hand, Cross with right, Hook with left (2 minutes)

- 👊 Jab, Cross, Hook... Right foot forward, 2 jabs with right hand, Cross with left, Hook with right (2 minutes)
- 👊 10 One-legged Squats (10 each leg), 10 Pushups (explode up to clap), 10 Pull-ups
- 👊 10 Pushup to Alternating Dumbbell Back Row, 10 Dumbbell Clean-n-Press, 10 Walking Lunges with Side Twists (3 rounds)
- 👊 Jab, Cross, Hook, Roundhouse Kick... Left foot forward, 2 jabs with left hand, Cross with right, Hook with left, Kick with right foot (2 minutes)
- 👊 Jab, Cross, Hook, Roundhouse Kick... Right foot forward, 2 jabs with right hand, Cross with left, Hook with right, Kick with left foot (2 minutes)
- 👊 Speed Bag (3 minutes)

*\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross, and pivot the front leg when you hook.*

## **WORKOUT 18:**

***Jump rope needed. Perform each exercise for 30 seconds, rest for 30 seconds, then move on to next exercise.***

- 👊 Mountain Climbers
- 👊 High Knee Runs
- 👊 Jump Rope
- 👊 Shadow Boxing
- 👊 Uppercuts
- 👊 Squat Thrust Jumps
- 👊 Box Jumps
- 👊 Wide Pushups
- 👊 Wide Pull-ups
- 👊 Rest for 2 minutes. Repeat circuit 2 more times.

## WORKOUT 19:

**25 to 50 foot rope needed. Extend rope across the floor.**

- 🔊 One legged Side-to-Side Rope Hops... Hold fists up to face and hop on right foot starting at one end of rope. Hop back to other end on left foot (2 rounds)
- 🔊 Rope Slams... Hold rope with both hands, lift rope overhead and slam down as hard as possible (1 minute)
- 🔊 Side-to-Side Rope Hops with both feet... Hold fists up to face and hop forward from one end to the other then hop backwards to the other end (2 rounds)
- 🔊 Bear Crawls... Hands and feet on either side of rope (1 round from end to end)
- 🔊 One-Arm Rope Slams... Hold rope with one hand, lift rope overhead and slam down as hard as possible (1 minute each hand)
- 🔊 Rest for 2 minutes. Repeat circuit 3 more times.

## WORKOUT 20:

**Resistance Bands and Dumbbells needed.**

- 🔊 Squats to Overhead Shoulder Press with bands (1 minute fast)
- 🔊 Uppercuts with dumbbells (1 minute fast)
- 🔊 Lunge out to Bent-over Dumbbell Back Rows (10 slow reps on each leg)
- 🔊 Lat Pull-downs with bands (20 slow reps)
- 🔊 Military Pushups (1 minute fast)
- 🔊 High-knee Runs (1 minute fast)
- 🔊 V-ups (20 reps)
- 🔊 Plank (1 minute)
- 🔊 Bicycles (20 reps total)
- 🔊 Rest 2 minutes. Repeat circuit 3 more times.

# WORKOUT 21:

***Stability Ball, Jump Rope, and Medicine Ball needed.***

- 🕒 Jump Rope (2 minutes)
- 🕒 Jack Knives on stability ball (20 reps)
- 🕒 Medicine Ball Chops (1 minute each side)
- 🕒 Jab & Cross...Left foot forward, 2 jabs with left hand, 2 Cross with right (3 minutes)
- 🕒 Jab & Cross...Right foot forward, 2 jabs with right hand, 2 Cross with left (3 minutes)
- 🕒 Jump Rope (2 minutes)
- 🕒 Back Extensions on stability ball (20 reps)
- 🕒 Diamond Pushups on medicine ball (15 reps)
- 🕒 Hook & Uppercut...Left foot forward, Hook with left hand, Uppercut with right (3 minutes)
- 🕒 Hook & Uppercut...Right foot forward, Hook with right hand, Uppercut with left (3 minutes)
- 🕒 Jump Rope (2 minutes)
- 🕒 Rest 2 minutes. Repeat circuit.
  
- 🕒 *\*note: make sure you pivot the back leg to a 90 degrees angle on the ball of your foot when you cross.*
  
- 🕒 *\*note: make sure you pivot the front leg to a 90 degrees angle on the ball of your foot when you hook, and pivot the back leg when you uppercut.*

# AUTHORS



## **Georgette Pann**

Co owner of NutriFitness LLC. She has 25+ years experience in the Health and Fitness field with expertise in fitness bootcamps. She is author and creator of the best selling "**Sure Victory Fitness Bootcamp Business** in a Box"

at <http://thefitnessbootcamp.com> and **Sure Results: The Ultimate Book of Bootcamp Workouts** <http://fitnessbootcampworkout.com>.

To grab some **Free Bootcamp Business**

**Building Tools** go to The Fitness Bootcamp Inner Circle Blog for bootcamp trainers and fitness Pros at <http://thefitnessbootcampclub.com>



## **Tammy Greear**

Co-owner and business manager of NutriFitness Personal Training Studio <http://thenutrifitness.com>

She is a certified personal trainer and has over 10 years experience in the Health

and Fitness industry with expertise in weight loss/gain, nutrition, bodybuilding, fitness contest preparation and fitness bootcamps. She is creator of Zen-Tempo body flow workout and WIRRED fitness endurance workout. Tammy co-authored the best selling "Sure Victory Fitness Bootcamp Kit" available at <http://thefitnessbootcamp.com>