



Combine the adrenaline fueled
benefits of boxing with the toning
benefits of resistance training

BOXING RESISTANCE

PROGRAM

Week 1

DAY 1 - Boxing Resistance Light
DAY 2 - Pure Resistance
DAY 3 - Boxing Abs
DAY 4 - Resistance Burn
DAY 5 - Health Warriors
DAY 6 - Kickbox Pilates

Week 2

DAY 1 - Boxing Challenge
DAY 2 - Pure Resistance 2 Upper
DAY 3 - Boxing Resistance
DAY 4 - Pure Resistance 2 Lower
DAY 5 - Championship Boxing
DAY 6 - Cardio Combos Boxer

Week 3

DAY 1 - Boxing Resistance 2
DAY 2 - Pure Resistance 3 Upper
DAY 3 - Championship Boxing 2
DAY 4 - Pure Resistance 3 Lower
DAY 5 - Boxing Challenge 2
DAY 6 - Kickbox Pilates 2