



Boxercise

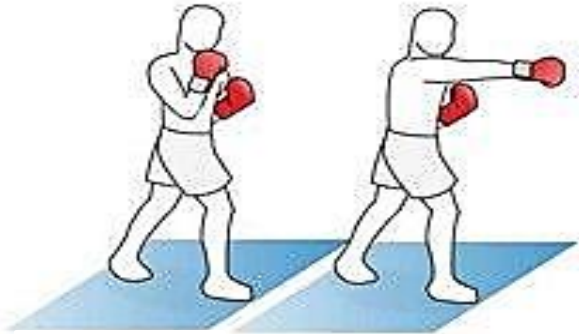
This week you will be creating your own boxing exercise workout. Select from the different exercise below, write up your workout and complete. Make sure that you have enough space around you so that you can shadow box without bumping into anyone or anything. Make sure you do an equal number of punches on your right and left side. Stand with whatever foot feels most comfortable to have at the front. Repeat the workout at least 2 times.



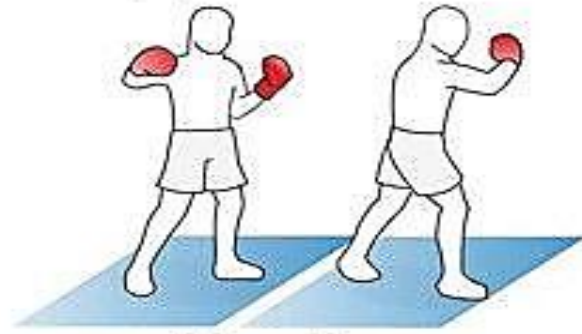
Jab



Uppercut



cross



Hook

Exercise	Time (in seconds)
Rest	60 seconds