



# *Exercise* programme

Stage

**1**

**Boxing and  
Breathing**

## Stage 1 Exercises



# Boxing & Breathing

*Repeat this exercise plan twice. Make sure to warm up first and cool down after with gentle stretching!*

1



### Breathing whilst exercising

Focus on DEEP, SLOW and CONTROLLED breathing pace throughout the session.

2



### Forward Jabs – 20 seconds on, 10 seconds off x 3

Start with both hands up at your chin. Lift one arm forward, meanwhile the other tucks in by your chest. Repeat this at a fast pace, alternating each second.

#### Guidance notes:

Slow and controlled movements  
Rest for 10-12 seconds in-between each movement



## Stage 1 Exercises

# ▶ Boxing & Breathing

3



### **Boxing Hooks – 8 each side x 4**

Sit upright. Keep one arm tucked in and extend the other arm across your body slightly, rotating the body. Repeat this same movement on the other side.

4



### **Upper Cuts – 3 on each side x 10**

Sitting upright and bracing your stomach. Bend one elbow so that your fist is in front of your chin and with the other arm, bend the elbow and pull your shoulder back. Do the same on the other side and transition quickly, repeat this.

#### **Guidance notes:**

Slow and controlled movements  
Rest for 10-12 seconds in-between  
each movement

