



Ultimate Training Set

Step-by-step
exercise guide



PROTOCOL®

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Thank you for your purchase of Protocol's **Ultimate Training Set**. We strongly recommend that you take the time to read this manual thoroughly. It contains many tips, exercises and instructions on how to get the most out of this training set.

Boxing, like any contact sport, can be dangerous and cause bodily injury or even death. Always wear protective gear and take precautions to avoid injury. Consult a physician before engaging in strenuous exercise, especially if you have any physical impairments or ailments.



1. Jab x2



Jab with left arm then jab with right arm.

Total Recommended Reps: 30

2. Jab/Hook



Jab with left then right arm. Hook with left then right arm.

Total Recommended Reps: 30

3. Jab/Hook/Uppercut



Jab with left then right arm. Hook with left then right arm. Uppercut with left then right arm.

Total Recommended Reps: 30

4. Jab/Dodge/Hook/Dodge/Uppercut



Jab with left then right arm. Duck and swing your body left then right. Hook with left then right arm. Repeat duck sequence. Uppercut with left then right arm.

Total Recommended Reps: 30

5. Jab/Knee/Hook/Knee



Jab with left then right arm. Knee kick with left then right knee. Hook with left then right arm. Repeat knee sequence.

Total Recommended Reps: 30

6. Alternate Uppercut/Kick



Uppercut with left arm and kick with right leg. Uppercut with right arm and kick with left leg.

Total Recommended Reps: 30

7. Knee/Kick



Knee kick with left leg and immediately follow with left kick. Knee kick with right leg and immediately follow with right kick.

Total Recommended Reps: 30

8. Knee/Kick/Hook



Knee kick with left leg, follow with left kick and right hook. Knee kick with right leg, follow with right kick and left hook.

Total Recommended Reps: 30

9. Four Side Combo



Start on one side of training set and perform any desired combination from the above list. Move 90° around training set and repeat, move 90° again and repeat until you have completed one full circle.

Total Recommended Reps: 8 Rounds of Combo

10. Endless Punches



Any combination of punches (Jab, Hook, Uppercut)

Total Recommended Reps: 50

1. Bicep Curls



Stand with barbells in each hand with the inside of your wrists facing front. Raise barbells in a controlled manner and squeeze biceps at top, lower barbells slowly and repeat.

Total Recommended Reps: 10-15

2. Hammer Curls



Stand with barbells in each hand and the inside of your wrists facing in. Raise barbells in a controlled manner and squeeze biceps at top, lower barbells slowly and repeat.

Total Recommended Reps: 10-15

3. Full Twist Bicep Curls



Stand with barbells in each hand with the inside of your wrists facing towards the back, raise barbells in a controlled manner twisting your wrists 180° at the same time. The inside of your wrists should face you as you squeeze your biceps at top. Lower barbells slowly and repeat.

Total Recommended Reps: 10-15

4. Two Way Bicep Curls



Stand with barbells in each hand with the inside of your wrists facing forward, raise barbells in a controlled manner and squeeze biceps at top. Lower barbells slowly and rotate the inside of your wrist to face out on the left and right. Raise barbells in a controlled manner and squeeze biceps at top. Repeat.

Total Recommended Reps: 10-15

5. Two Arm Tricep Kick Backs



Stand with one foot in front of the other and bend forward at the waist, then raise elbows, move arms up and back as you squeeze triceps at the peak of the movement. Lower slowly and repeat.

Total Recommended Reps: 10-15

6. Overhead Tricep Extensions



Stand with arms over your head and put barbells together. Lower barbells behind the head toward the neck, raise arms back up and repeat.

Total Recommended Reps: 10-15

7. Lying Down Tricep Extensions



Lie on the floor and lift barbells until your arms are perpendicular with the floor. Lower barbells toward either side of your head while keeping your elbows stationary. Lift barbells until your arms are perpendicular with the floor and repeat.

Total Recommended Reps: 10-15

8. Front/Back Tricep Extensions



Stand with one foot in front the other with a barbells in one hand and the other hand on your hip. Raise barbells above your head and lower to the front side of your head. Raise weight back up and lower weight to the back side of your head. Once you have completed the first set of reps, alternate the hands and repeat the sequence.

Total Recommended Reps: 10-15

9. Shoulder Press



Keep a straight posture and hold the barbells parallel with your shoulders. Raise them straight and up to the full extension of your arms and have them meet. Return slowly to the start position.

Total Recommended Reps: 10-15

10. Upright Rows



Stand straight and hold the barbells with an overgrip flat down against your thighs. Lift the barbells slowly using just your arms. Lift to just beneath your chin with your elbows pointing out and up as high as you can. Lower to the start position and repeat.

Total Recommended Reps: 10-15

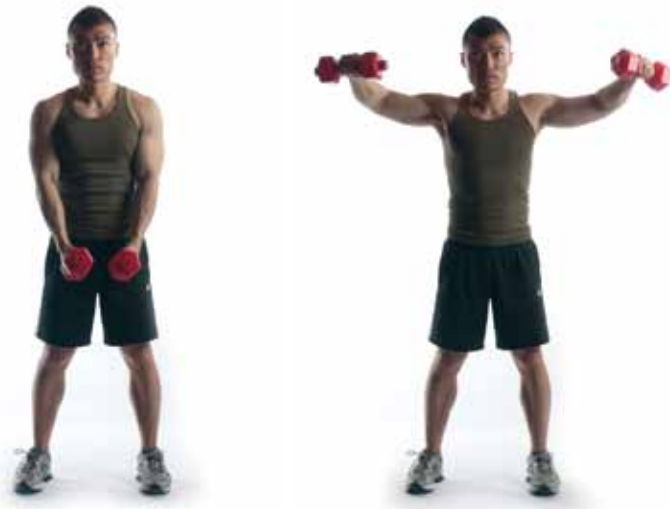
11. Front Shoulder Raise



With one foot in front of the other, hold the barbells to your sides using an overgrip. Lift barbells up and out until they are level with your shoulders. Lower and repeat.

Total Recommended Reps: 10-15

12. Shoulder Flys



Keep feet shoulder width apart and hold the barbells at the front your waist so your arms are slightly bent. Lift the barbells up and out until they are slightly higher than your shoulders. Lower the barbells to the starting position and repeat.

Total Recommended Reps: 10-15

1. Standard Double Foot Jump



Jump with both feet off the ground.

Total Recommended Reps: 25-50

2. Alternating Foot Jump



Jump alternating feet on the ground.

Total Recommended Reps: 25-50

3. Knee Jump



Jump while raising an alternating knee and leg off the ground.

Total Recommended Reps: 25-50

4. Arm Cross Jump



Jump as you cross your arms in front of you making an X and with both feet off the ground.

Total Recommended Reps: 25-50

5. Double Jump



The rope will pass twice as both feet are off the ground. You will need to rotate the jump rope twice as fast.

Total Recommended Reps: 25-50

6. Forward/Backward Jump



Jump while moving forward and alternating feet on the ground. Reverse in order to move backward.

Total Recommended Reps: 25-50

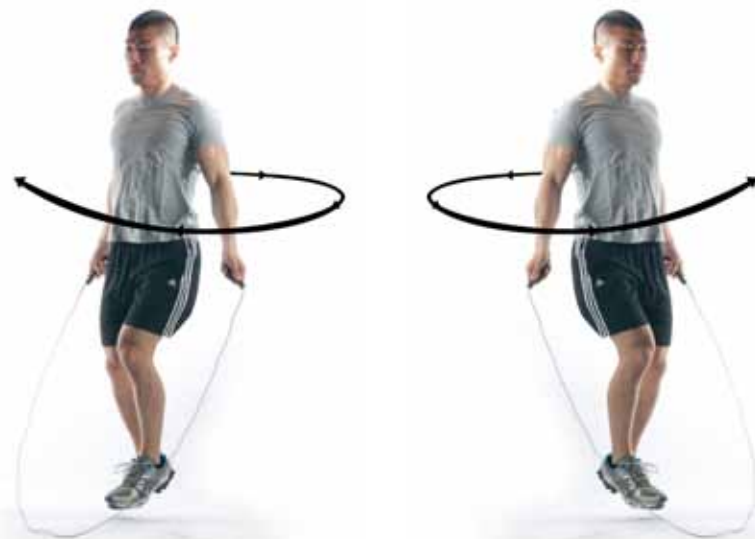
7. Side-Side Jump



Jump while moving sideways with both feet off the ground, then do the same movement while moving to the opposite side.

Total Recommended Reps: 25-50

8. Circular Jump



Jump while rotating your body clockwise with both feet off the ground, then do the same movement while rotating counter-clockwise.

Total Recommended Reps: 25-50