



THE ULTIMATE BOXING WORKOUT

STEP-BY-STEP EXERCISE GUIDE

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Thank you for your purchase of Protocol's **All-In-One Boxing 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.

BOXING EXERCISES



JAB X 2 / 30 REPS

Jab with left arm then jab with right arm.



JAB/HOOK / 30 REPS

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



JAB/HOOK/UPPERCUT / 30 REPS

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



JAB/DODGE/HOOK/DODGE / 30 REPS

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.



JAB/KNEE/HOOK/KNEE / 30 REPS

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



ALTERNATE UPPERCUT/KICK / 30 REPS

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



KNEE/KICK / 30 REPS

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



KNEE/KICK/HOOK / 30 REPS

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



FOUR SIDE COMBO / 8 ROUNDS OF 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.



ENDLESS PUNCHES / 50 REPS

Any combination of punches (Jab, Hook, Uppercut)



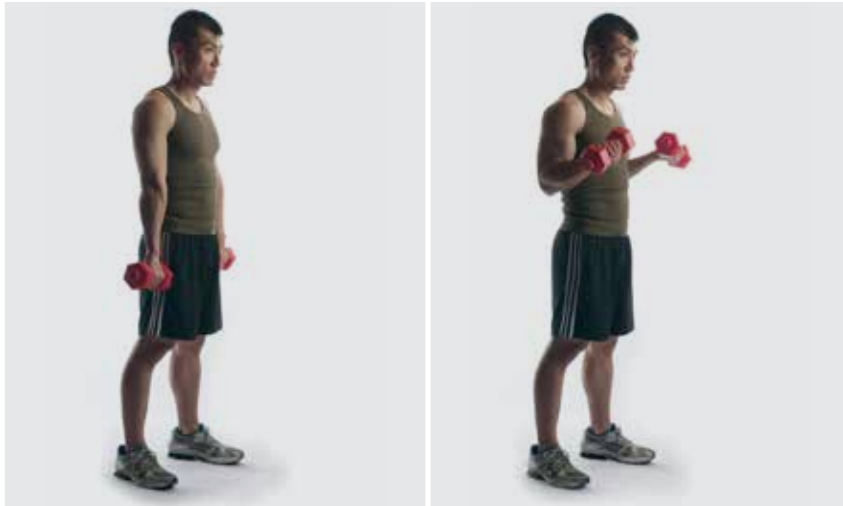
BICEP CURLS / 10-15 REPS

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.



HAMMER CURLS / 10-15 REPS

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.



FULL TWIST BICEP CURLS / 10-15 REPS

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.



TWO WAY BICEP CURLS / 10-15 REPS

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.

BARBELL EXERCISES: TRICEPS



TWO ARM TRICEP KICK BACKS / 10-15 REPS

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.



OVERHEAD TRICEP EXTENSIONS / 10-15 REPS

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



LYING DOWN TRICEP EXTNSIONS / 10-15 REPS

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.



FRONT/BACK TRICEP EXTENSIONS / 10-15 REPS

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.

BARBELL EXERCISES: SHOULDERS



SHOULDER PRESS / 10-15 REPS

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.



UPRIGHT ROWS / 10-15 REPS

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.



FRONT SHOULDER RAISE / 10-15 REPS

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.



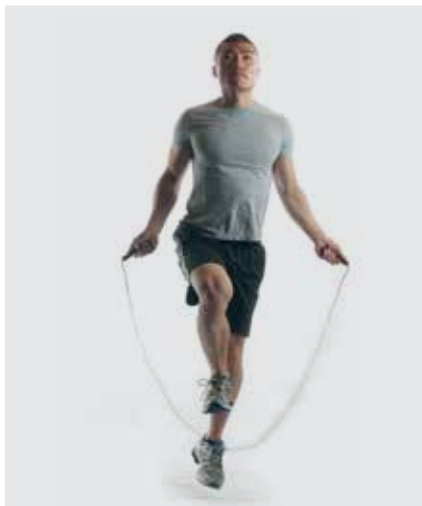
SHOULDER FLYS / 10-15 REPS

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.



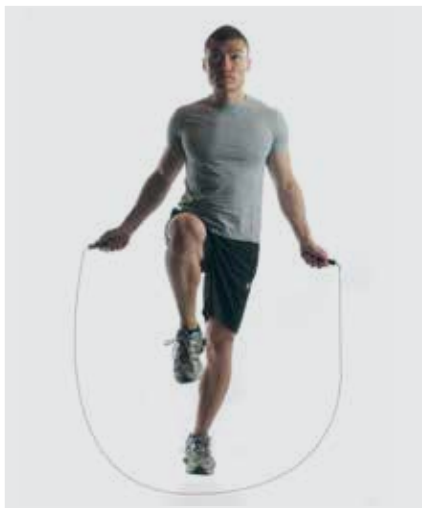
STANDARD DOUBLE FOOT JUMP / 25-50 REPS

Jump with both feet off the ground



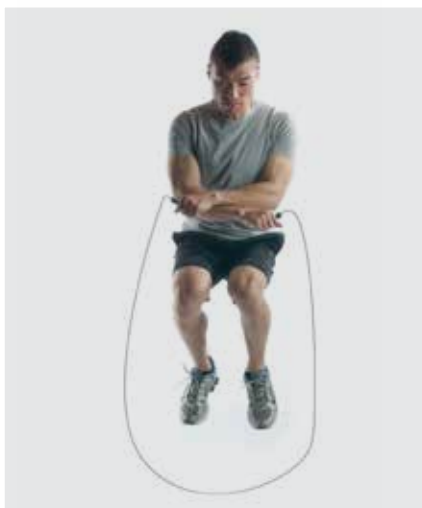
ALTERNATING FOOT JUMP / 25-50 REPS

Jump alternating feet on the ground.



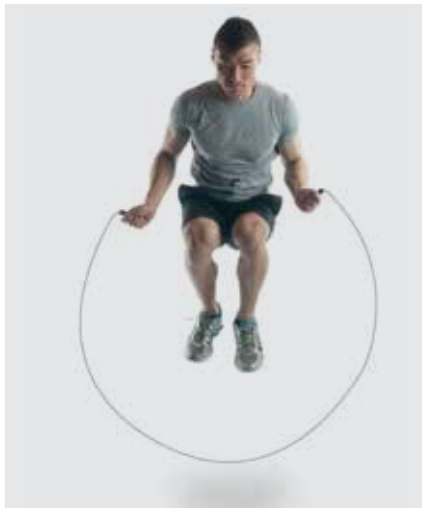
KNEE JUMP / 25-50 REPS

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



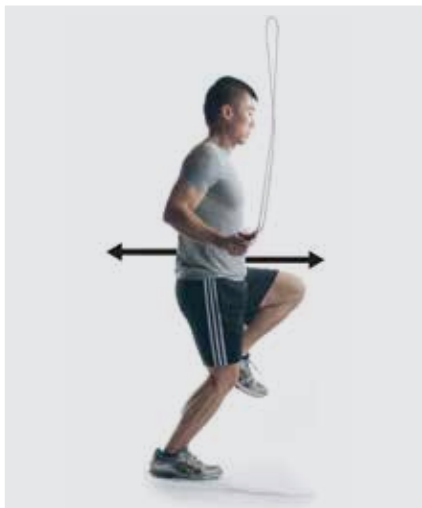
ARM CROSS JUMP / 25-50 REPS

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



DOUBLE JUMP / 25-50 REPS

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



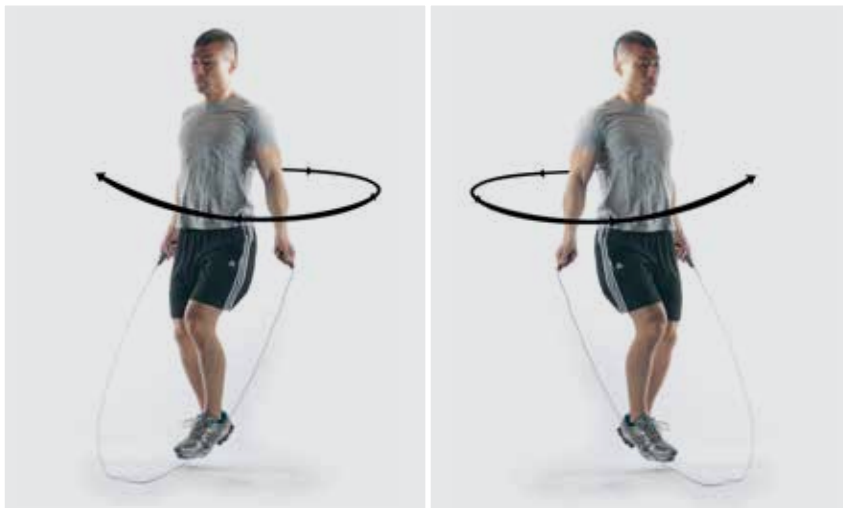
FORWARD/BACKWARD JUMP / 25-50 REPS

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



SIDE-SIDE JUMP / 25-50 REPS

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



CIRCULAR JUMP / 25-50 REPS

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

*Actual product may vary from photos

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