Fling Boxing

Beginner Workout 5 Rounds

Guidelines:

Object is to form a punching rythym, not how hard you can hit the bag.
Workout 2 minutes, exercise 1 minute, rest 1 minute.
Last 30 Seconds of each round is alternating left-right punches.
Workout for Right Handed person, for Left Handed just switch. ⟶

Combinations Used:

Left-Right
Left-Left-Right
Alternate Left-Right-Left-Right
Right-Right-Left

Time	Combinations	Round
0-2 min	Lt-Rt - 8x | Lt-Lt-Rt - 8x | Repeat | Last 30 Alternate Lt-Rt-Lt-Rt	1
2-3 min	Exercise: Plank - hold plank for 1 minute	
3-4 min	Rest	
4-6 min	Lt-Rt - 8x | Lt-Lt-Rt - 8x | Repeat | Last 30 Alternate Lt-Rt-Lt-Rt	2
6-7 min	Exercise: Push ups - Do as many push ups for 1 minute	
7-8 min	Rest	
8-10 min	Lt-Rt - 8x | Lt-Lt-Rt - 8x | Repeat | Last 30 Alternate Lt-Rt-Lt-Rt	3
10-11 min	Exercise: Plank - hold plank for 1 minute	
11-12 min	Rest	
12-14 min	Lt-Rt - 8x | Lt-Lt-Rt - 8x | Repeat | Last 30 Alternate Lt-Rt-Lt-Rt	4
14-15 min	Exercise: Push ups - Do as many push ups for 1 minute	
15-16 min	Rest	
16-18 min	Lt-Rt - 8x | Lt-Lt-Rt - 8x | Repeat | Last 30 Alternate Lt-Rt-Lt-Rt	5
18-19 min	Exercise: Plank - hold plank for 1 minute	
19-20 min	Rest	
FINISHED!		