



# Fling Boxing

## Beginner Workout 10 Rounds

### Guidelines:

Object is to form a punching rythm, not how hard you can hit the bag.

Workout 2 minutes with 1 minute rest in between.

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	<b>1</b>
2-3 min	<b>Rest</b>	
3-5 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>2</b>
5-6 min	<b>Rest</b>	
6-8 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>3</b>
8-9 min	<b>Rest</b>	
9-11 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>4</b>
11-12 min	<b>Rest</b>	
12-14 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>5</b>
14-15 min	<b>Rest</b>	
15-17 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>6</b>
17-18 min	<b>Rest</b>	
18-20 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>7</b>
20-21 min	<b>Rest</b>	
21-23 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>8</b>
23-24 min	<b>Rest</b>	
24-26 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>9</b>
26-27 min	<b>Rest</b>	
27-29 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>10</b>
29-30 min	<b>Rest</b>	
<b>FINISHED!</b>		