

KICKSTART YOUR 2020



**6-WEEK S&C PROGRAMME
FOR NEW YEAR TRAINING**

STRENGTH — FITNESS — CIRCUITS

TRAIN LIKE A CHAMPION – KICKSTART YOUR 2020

Boxing Science hope you've had a fantastic Christmas and new year, and hope you are geared up for a successful 2020.

The dreaded first day back, the weight gain and setting 'New Year's Resolutions' are the makings of a traditional start to January.

However, the majority of resolutions are probably not maintained, hence why the gyms are full in January but then half empty by March. If you are an athlete, achieving goals are important, and being in shape is even more crucial.

What are the issues in new year training regimes?

Binge Training – Many athletes will become a victim of doing 'too much too soon' to catch up with their fitness. We help you to ease into the year and get effective results.

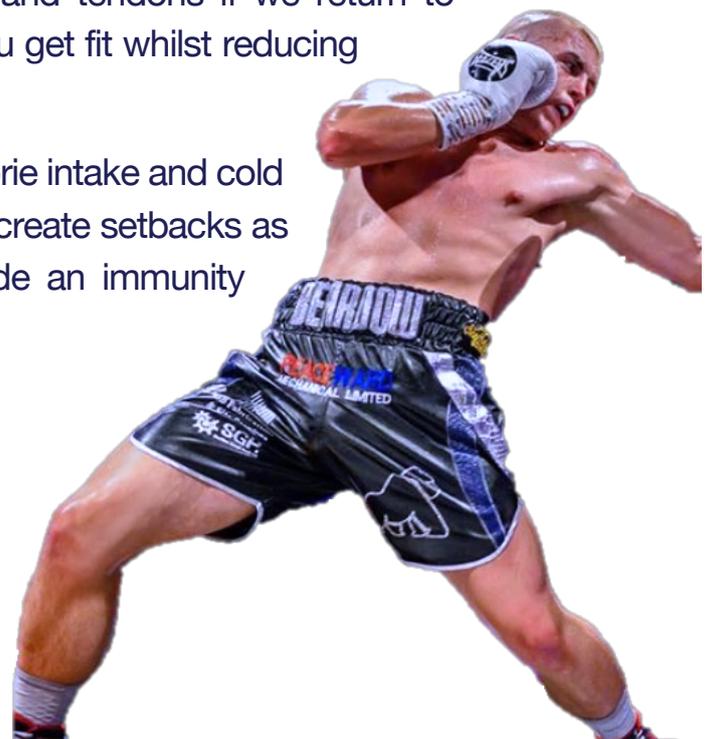
Drastic Diets – To crash the weight off, people can end up eating too little in January, effecting performance whilst enhancing the likelihood of illness and injury.

Tight Muscles – Sitting about and not training can be refreshing for the body, however you can end up with tight hips and shoulders when returning to action. Our movement drills will help you fire up your muscles and avoid injury.

Heavy Work – You may return to training a little heavier than normal, this can create increased demands on our joints, ligaments and tendons if we return to normal training. Our running program helps you get fit whilst reducing the chances of injury.

Avoiding Illness – High training loads, low calorie intake and cold weather can be a recipe for illness, which can create setbacks as we work towards our 2018 goals. We provide an immunity guide so you stay clear of the cold this winter!

We doubt that you want to take any chances, that's why Boxing Science take the guesswork away to kickstart your 2020!



KICKSTART YOUR 2020 PROGRAMME

TRAINING FOCUS

STRENGTH

Whether it's the start of your S&C training, or you have completed TLAC programmes before, we start building the movement and strength foundations. After a period off training, you need to be cautious of a spike in your training load. Furthermore, your muscles may be tight following a 'relaxing' festive period.

Each strength session is completed with our infamous "Quad Set" circuits. This is a series of four exercises performed back to back, with the aim to complete as quickly as possible. Our athletes aim for between 60 and 80 seconds.

CONDITIONING

Following the festive period, you may be a little heavier than normal. If we start running at high speeds straight away, we may be at risk of injury. Because of this, we have included some longer duration intervals of 6-8 minutes.

BOXING CIRCUITS

With the longer-duration conditioning in mind, we need to find a way to still maintain high-intensity training in our programme. Our bodyweight circuits are a perfect way to add a high-intensity finisher in your boxing training. As we lose body mass, it's important that we maintain core muscle mass as it's the most important contributor to a forceful punch. Considering this, we have put in core circuits to finish your boxing sessions.

YOUR WEEKLY PLAN

Effective training distribution is important to make sure you are getting the most out of each session.

The weekly plan below distributes your running, strength and recovery training across the week.

Please note that this is only an example as we do not know when your boxing sessions are likely to take place, as well as your work/study/social schedules.

The plan can be flexible, as long as you don't have too many hard or too many light days on the trot.

If you need any advice on this, please get in touch via the [Facebook Training Page](#).

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING FOCUS	AM	Conditioning 1	Strength 1	Active Recovery	Conditioning 2	Strength 2	Conditioning 3	
	PM	Boxing	Boxing	Boxing	Boxing	Boxing		
	Post Boxing	Core Circuit	Bodyweight Circuit		Core Circuit	Bodyweight Circuit		
TRAINING LOAD	H							
	MH							
	MH							
	L							
	R							

SETTING NEW YEARS RESOLUTIONS

Most athletes who've achieved anything approaching success will have set goals along the way. There are a couple of theories as to how and why goal setting works.

The **Direct Mechanistic view**, explains that goals direct your attention onto the task at hand, encourage persistence and motivation, and can even help you to develop new strategies for achieving what you've set out to achieve.

The **Indirect Thought Process view** suggests that setting and achieving goals can help performance by improving confidence, motivation, and overall satisfaction with what you're doing. It's likely a combination of both theories, but there are many different acronyms that are supposed to help people set "good" goals.

SET SMART GOALS? SET SMARTER GOALS?

Whatever your acronym of choice, (if you're into that sort of thing) there are a few things that you should keep in mind to make goal setting effective.

The gist of the acronyms described above is that goals should be:

BOXING SCIENCE **NEW YEAR, NEW ME**
OUR GUIDE TO SETTING NEW YEARS RESOLUTIONS

SPECIFIC AND MEASURABLE Make your goal something you can measure objectively so you can monitor progress "I want to increase my Deadlift by 15 kg"	REALISTIC AND DATED Make sure that this is achievable in a certain amount of time "I want to increase my Deadlift by 15 kg by March"
FOCUS ON THE PROCESS	
Write down how this is going to be achieved. What actions are going to contribute towards your goals	"I will follow a structured S&C programme that includes Deadlifts once per week"

So, that's it. Goal setting is really easy, right? So how come so many people manage to screw it up? Here are 5 reasons why goal setting doesn't work.

1. Setting too many goals

One mistake that athletes will often make is to set goals in too many different areas. Remember, one of the ways that goals work is by focusing attention on the task at hand.

Well if we're trying to focus attention on 18 different tasks at the same time, that's a sure-fire way to come unstuck. There's no real magic number here.

Perhaps having one goal is enough for you, or perhaps you could manage 4 or 5 different goals to work on at the same time, but it's important to make sure it's manageable for you and that you identify a few key areas that you want to work on.

2. Setting inflexible goals

So you've set your SMART goals, you've made sure they're specific and you've been keeping track of them, you have a target date in mind for achieving your PB and KAPOW! you get yourself injured.

This isn't a problem if you can adjust your goals accordingly, but sometimes athletes will be so locked in on their goals, that not achieving it by the date set is seen as a failure and can knock motivation or confidence.

Sometimes athletes might be so focused on achieving their goals that they'll continue to train, even though they should be resting and recovering from injury. The consequences of this are obvious.

It's not just injuries or illness that can get in the way. Exams, schoolwork, family holidays, cancelled tournaments... the list goes on. So it's important to make goals realistic in the first place, but also to be comfortable with adjusting them if needed.

3. Focusing on failure not feedback

Related to the point above, if for whatever reason you don't achieve what you set out to, it's important to think about why you didn't achieve your goal, rather than just on the fact that you didn't hit the mark.

Failure can be extremely demotivating, but only if we view it as failure. If we see failure through the eyes of a champion, we can see it as motivation to achieve success, as feedback on our performance, then we can adjust goals accordingly, increase effort, try new strategies, or develop and adapt our existing strategies.

The path to achieving your goals isn't a straight one. If you get straight to your goal without going off track just a little, your goal is too easy. If you really want to develop, you need to set really challenging goals that are going to test and push you.

4. Too much outcome focus

Outcome goals are focused (surprisingly enough) on outcomes – winning a medal, or a competition, or even a specific game.

The problem with focusing too much on outcome goals is that the outcomes are often uncontrollable. You could fight out of your skin, record your best ever performance by doing everything right, and yet someone else might just be the better boxer, or the dreaded judges scorecard doesn't go your way when it should have (most boxers will have experienced this!).

So if we focus on things that we can't actually control (like winning), then we're likely to get more nervous about performing. Instead, it's important to focus on the processes. Process goals are focused more on *what* we're doing as opposed to *why* we're doing it.

Improving the Jab!

Technical: Make the jab a priority during pad work, on the bags and shadow boxing. Maybe increase the amount of rounds you do on the speed ball, focusing on the jab being quick and snappy. Measure this by getting one of your team to analyse your performance, see whether you improved the amount and percentage of jabs landed in sparring or in the bout.

Physical: Supplement the development of the jab with your strength and mobility training – particularly working on left shoulder and hip function. This can be assessed through landmine punch velocity or medicine ball punch throw, like we explained in our article [**Move Better Jab Harder.**](#)

5. Not enough outcome focus!

“Focus on the process, not the outcome. If you focus on the processes, the outcomes will take care of themselves.”

In some ways, this is sound advice. As we talked about above, focusing too much on outcomes can cause anxiety and can decrease motivation and confidence if things aren't going to plan. **However, don't we need a bit of outcome focus to stay motivated?**

We need to keep reminding ourselves why we're getting up at 6 in the morning to go on that training run, why we're in the gym spending hours on sparring, pad work and pounding the bags, or why we're spending so much time working on our footwork and shape!

Keep your outcome goals in mind and remind yourself what the processes are for! Don't be afraid to think about what it is you're trying to achieve.... **It's all about that winning feeling!**

Summary

So there we are. Set SMART goals, or SMARTER goals, or SMARTIES goals if you like, although I might have just made that last one up, I'm not sure. Make sure your goals are specific and measurable, get them written down where you can see them so they're kept in mind, set a target date and track your progress. Focus on a manageable number of goals at once, make them challenging, but make sure you can adjust them when unforeseen circumstances like injury or illness crop up.

Don't worry if you don't hit your precise targets. Be like a champion, and view failure as feedback. Make sure to focus on the small things, the processes, but don't be afraid to keep maybe just one eye on the prize to remind yourself of why you're doing what you're doing.

Use this table to structure your goals

GOAL	MEASURE	DATE	ACHIEVED?
Example - Reduce Body Mass	Lose 2 kg	20 th February	YES

AVOIDING ILLNESS

35% of you will be knocked out this winter... in this chapter we share our tips on how to beat your enemy.... the common cold!

It's that time of year again when you're more likely to catch colds and get infections. An upper respiratory tract infection (URTI – mainly known as the common cold) is bad news for boxers. The season doesn't stop over the winter months, so it's vital you stay healthy and illness free come spring time.

Many supermarkets promote Vitamin C and Zinc as the preventers of colds. But some of their information might be misleading you. I'll be writing about some helpful supplements in part 2, but there are a few things you can do that are backed by sound scientific advice, practical and hopefully cheap to increase your chance of having an illness-free winter.

Use antibacterial hand gel and wash your hands properly

Handwash Infectious bacteria can survive on door knobs and other surfaces for longer than you think. Here's an example. Person 1 sneezes on their hand, wipes their hand on their trousers then opens a public door. There may be some bacteria remaining on their hands which has transferred onto the door knob. Person 2 opens the door then itches their nose. Bacteria has then been passed on to Person 2's nose.

Similarly, when shaking hands, the boxers fist pump or sharing equipment such as gloves or pads, then rubbing your face has the same effect. So by using an antibacterial hand gel after being in contact with public places can help kill some of the bacteria. The gym could be one of the worst places as illness normally spreads in public places and crowded areas, even when there's just one sick person around. Washing your hands thoroughly has the same effect but it's less practical.

Make sure you get enough sleep

I've worked with some athletes who get ill from just 2-3 consecutive days of poor sleep, whereas others cope without major problems. That's why it's important to track your sleep over the winter months.

I'd recommend that if you're in heavy training try to sleep for the length of time that makes you feel fresh when you wake up. That might be 7 hours for some people but 9 hours for others. If you're serious about performance, then get to know your body. Most of us know when we're tired from lack of sleep but really take time to listen to your body.

Carbohydrates definitely help

The evidence supporting the use of carbohydrate is convincing. When blood glucose levels fall during exercise your stress hormones rise and make your immune system weak.

By maintaining blood glucose levels during exercise, you can avoid putting your immune system under stress. When exercising for longer than 45-60 min we recommended around 60 g of carbohydrate for every hour of exercise should be consumed.

Either carbohydrate through a sports drink or solid foods such as cereal bars are fine. Similarly, have your recovery drink immediately after training. For most training sessions lasting 60 min or longer a 250 mL serving of low fat milk or a low fat milkshake is a great choice. During the winter, some athletes like the idea of drinking a skinny latté after training which is just as good.

The importance of carbohydrates has massively highlighted how critical it is to be near your fighting weight during the winter months. If you increase body weight too much between fights, you'll need to cut your carbohydrate intake. This can make your immune system weaker. And if you catch a cold, it's going to be harder for you train. Don't play catch up, be ahead of the game.

Probiotics

There is emerging evidence that probiotics may help protect immunity in humans. There has been some research conducted in athletes which has demonstrated promising results but as always, more data is needed.

Yakult has also funded quite a bit of research recently in athletes and there is some evidence emerging that taking Yakult, Italiathe probiotic strain in Yakult may help.

This study found that athletes taking two Yakult servings (one in the morning and one in the evening) over a 4-month period in the winter helped protect the immune system. This was a good study because 84 well trained endurance athletes took part and the group receiving the Yakult had 50% less episodes of infection.

Example: Yakult, Actimel, Danone. From all major supermarkets.

Tip: Two servings of probiotics a day over the winter months or during training camp (morning and night).



Vitamin D

There is strong evidence to suggest that very pale, very dark, and indoor-based athletes may have insufficient levels of vitamin D. Apart from outdoor running, the majority boxing exercise is performed indoors, so listen up.

There is evidence that low vitamin D levels are related to infections such as the common cold.

It is recommended that athletes should get their Vitamin D levels tested and the appropriate supplement dose taken to correct any insufficiencies.

Tip: Suns out, guns out. Go for a 10-20 minute walk to expose your skin to some sunlight to top up vitamin D levels.

Caution: Practical advice regarding vitamin D is complex therefore, I suggest you seek professional advice regarding vitamin D.

Zinc Lozengers

A recent study found that taking zinc syrup, tablets or lozenges can lessen the effects and duration of the common cold (Singh and Das 2011).

They found that taking zinc within a day of the onset of cold symptoms speeds recovery. It was also found that zinc could help ward off colds. Tip: When you get cold symptoms, take a maximum of 11 mg zinc lozengers as soon as possible (read the label).

Caution: Be cautious when taking zinc because long-term zinc use can become toxic.

Furthermore, the research concluded that the dosage needed was unclear. Now this is a bit of a concern because excessive amounts of zinc can cause nausea, vomiting, abdominal pain and diarrhoea.

With this in mind, it is not worth taking zinc prior to a cold as it risks becoming toxic, and when you do, read the label so you do not exceed 11 mg.

Quercetin Supplementation

Quercetin is a plant-derived flavonoid found in fruits, vegetables, leaves and grains. The evidence is mixed as always, however, there are enough well-controlled studies that suggest it could have a positive effect in reducing illness rates during heavy training.

This study found that 1000 mg of quercetin with 120 mg of epigallocatechin 3-gallate (EGCG – found in Green Tea) had protective effects in 39 cyclists undergoing 3 days of heavy exertion.

A position statement on immunity does recommend that quercetin supplementation can augment some aspects of immune function and reduce illness rates in highly active athletes.

Tip: Quercetin is combined with other flavanoids, green tea and fish oil, it can have positive effects in reducing illness rates. Look for quercetin that provides 100 mg per day and it should be for 2-3 weeks during heavy training or during periods of high susceptibility.

Caution: Some quercetin supplements have added ingredient such as Vitamin C. Avoid these as you will read later on this post, Vitamin C is not effective.

Boxing Science saves you money

Everything we write on Boxing Science is supported by evidence and reliable data. However, there are a lot of information and products out there that will try to pull the wool over your eyes. If you are looking to improve your immune system, do not waste your money on the following supplements.

Vitamin C – No better than a placebo. Not recommended. Save your money!

Vitamin E – Unless there is a deficiency not recommended

Multivitamin – Not recommended. Save your money!

Glutamine – Evidence is conflicting and some researchers don't recommend it.

Branch Chain Amino Acids (BCAA) – Not recommended. Save your money!

Herbal supplements (e.g. Ginseng, Echinacea) – Not recommended. Evidence is inconsistent but there is more evidence to suggest that it doesn't work. Save your money!

Fish Oils and Omega-3 – Evidence is conflicting and some researchers don't recommend it.

Beta-glucan – Not enough data in my opinion but based on what has been done, not recommended

Unless there is a deficiency present, then the above will not help protect your immune system.

**KNOCK OUT
THE COMMON COLD**

BOXING
SCIENCE

Tips and supplements to help aid immunity

WHAT WORKS	WHAT DOESN'T
Anti-bacterial hand wash	Vitamin C
Sleep	Glutamine
Carbohydrates	Multivitamins
Vitamin D	BCAA's
Zinc Lozengers	Herbal Supplements (e.g. Ginseng, Echinacea)
Probiotics	Omega 3 / Fish Oils
Periodisation of training	

Summary and a final word of caution

Hopefully after reading this section, you will have a better understanding on how to protect your immune system. Although at first it sounds complex, immunity can be really straight forward by appropriately managing training loads, recovery strategies, good personal hygiene, good nutrition, and adequate sleep.

If you are an elite/professional athlete, then please seek advice from a qualified professional before buying any supplements.

If you are subject to drug testing then the issue of supplement contamination is serious, therefore, ensure the supplement brand screens their products for contamination.

A 2 year ban and lifetime ban from the Olympics (if you are a British athlete) is a severe consequence for not taking this issue seriously.

DISCLAIMER: Boxing Science do not take any responsibility for anyone that consumes supplements mentioned in this program.

BOXING
SCIENCE**TRAIN LIKE
A CHAMPION
MEMBERSHIP**

At Boxing Science, we're fortunate to work with some of the biggest names in UK boxing. We're proud of the reputation we have built and that we're now engaging with 1000's of coaches and athletes across the world.

Due to our Sheffield location, many were frustrated that they couldn't take part in the Boxing Science training methods.

To solve this problem, we launched the '**Train Like A Champion**' program; The '**Blueprint To Elite Performance**' – a series of programmes that have been accessed by 100's of coaches in over 25 countries worldwide.

- S&C programs with detailed **exercise demonstrations**,
- **Running programmes** to achieve **world level fitness** for boxing
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- **Nutrition guides** to make weight better than ever before

You can now access ALL of these products in the Train Like a Champion membership, along with access to a range of coaching video workshops and an extensive exercise library.

[CLICK HERE TO FIND OUT MORE.](#)



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STRENGTH TRAINING

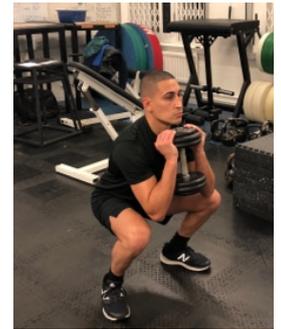
KEY LOWER BODY EXERCISES

Goblet Squat

Squatting with the dumbbell in front of you forces you to counter balance onto your heels and engage your hips. This also helps you develop a deep squat pattern.

Main Coaching Points

- Hold the dumbbell with in your palms, close to your chin.
- Elbows tucked in with shoulder blades retracted.
- Sit back onto your heels, lower until hips are below your knees and hold at the bottom before driving up.



Romanian Deadlift

Boxers are quad-dominant athletes and find it difficult to hinge at the hips and engage the glutes. The Romanian deadlift promotes good hip patterning, hamstring flexibility and glute activation.

Main Coaching Points

- Feet hip width apart, hands evenly spaced on the bar just outside the legs.
- Knees slightly bent, hips pushed back and shoulders in front of the bar.
- Maintain angle of knees and neutral spine whilst extending the hips.



Goblet Reverse Lunge

This exercise increases the amount of balance and eccentric strength needed during a lunge pattern, this can develop really strong glutes, hamstrings and quadriceps muscles.

Main Coaching Points

- Feet hip width apart before pushing one leg back, weight on the heels and use the hips.
- Slowly lower as you put the leg back, then descend into a split squat position.
- Drive through the front heel to return to a standing position.



KEY UPPER BODY EXERCISES

Floor Press

The partial range in this exercise helps improve strength without compromising shoulder mobility. Also, floor press increases the demand on the tricep muscles.

Main Coaching Points

- Laid flat with heels tucked in, core tense with lower back pressed into the floor.
- Elbows tucked in and dumbbells parallel, press up and twist the hands whilst locking out the arms.
- Slowly lower down and come to a dead stop before starting the next rep.

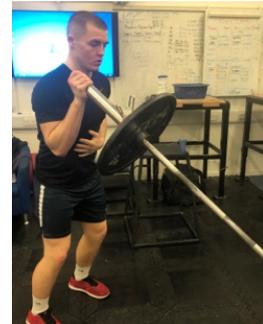


Landmine Shoulder Press

This is an really effective strength exercise that you can overload the shoulders from a 45 degree angle, allowing to engage the core more to avoid recruitment from your lower back.

Main Coaching Points

- Start in square stance, with bar anchored into squat rack and placed on the shoulder.
- Push the bar until arm fully extended, keeping the core braced and body stable.



Pull Ups

An exercise used in many boxers training regimes, we can make this more effective to achieve optimal strength gains in the lats and core.

Main Coaching Points

- Arms straight with shoulder blades retracted.
- Pull body up, elbows tucked in and retract shoulder blades. Tuck knees up to engage core.



Suspension Row

Using suspension trainers for a horizontal row exercise is a really useful way to develop the back and core without putting the shoulders in a compromised position.

Main Coaching Points

- Arms straight but shoulders retracted, core tense to make sure the bodyline is straight.
- Pull the body up, lead with the chest and keep glutes tense. Twist hands and keep elbows in.



THE PROGRAMME

On the next page is your S&C program to be completed over the next 6 weeks.

The program consists of 2 sessions per week. Reps and sets are structured to achieve a 3:1 loading:recovery ratio. This is designed to progressively overload your body then de-load to recover, ensuring optimal results and reducing fatigue over time.

Increase Weight Steadily - On the key exercises, increase the weight steadily week by week. 5 kg for lower body (squat and deadlift) and 2.5 kg for upper body pressing. This will ensure safe and effective overload is achieved.

Short Rests – We are building up volume of work and looking to get back in shape – so make sure that the rest time is between only 1-2 minutes between sets.

The key exercises are pictured in the booklet. If you require any more information about the exercises, please don't hesitate in getting in touch.

YOUR PROGRAMME EXPLAINED

Each session will have **3 key exercises**. These are ordered in which they should be performed. Each key exercise is accompanied with a **core/movement exercise** to be performed between each set. The reps for the core/movement exercise are the same as the main exercise.

For all your warm-ups use the **DIY Movement program**.

Session 1										
Superset	Session 1	Week	Reps	Sets	Set					
					1	2	3	4	5	
Key Exercise 1	Goblet Squat w/ Plank Row	1	8	4						
		2	8	4						
		3	10	4						
		4	10	3						
		5	12	4						
		6	12	4						

Fill in what **weight** you performed on each set. For bodyweight exercises, just put a tick or how many reps you performed in each box.

The exercise **remains constant** throughout the program, with the **repetitions and sets varying** for each week.

What do I do if I have a fight?

On fight week, still perform the exercises but reduce the volume by lifting lighter weights.

Select a weight between 50-60% of the weight achieved in the previous session. Then perform the same reps and sets as scheduled. Don't lift within 4 days of your fight date.

KICKSTART 2020 STRENGTH PROGRAMME

Session 1

Session 2

Superset	Session 1	Week	Reps	Sets	Set					Session 2	Week	Reps	Sets	Set						
					1	2	3	4	5					1	2	3	4	5		
Key Exercise 1 Goblet Squat w/ Plank Row		1	8	4						Romanian Deadlift	1	5	4							
		2	8	4							2	5	4							
		3	10	4							3	5	4							
		4	10	3							4	5	3							
		5	12	4							5	5	4							
		6	12	4							6	5	4							
Key Exercise 2 Landmine Shoulder Press w/ Pull Ups		1	8 e/s	3						Pull Ups w/ Suspension Row	1	8	3							
		2	8 e/s	4							2	8	4							
		3	10 e/s	4							3	10	4							
		4	10 e/s	3							4	10	3							
		5	12 e/s	4							5	12	4							
		6	12 e/s	4							6	12	4							
Key Exercise 3 Goblet Reverse Lunge w/ Barbell Rollouts		1	8 e/s	3						Goblet Split Squat w/ Plank Row (10 Reps each side)	1	8 e/s	3							
		2	8 e/s	3							2	8 e/s	3							
		3	10 e/s	4							3	10 e/s	4							
		4	10 e/s	3							4	10 e/s	3							
		5	12 e/s	4							5	12 e/s	4							
		6	12 e/s	4							6	12 e/s	4							
QUAD SET CIRCUITS																				
Perform exercises back to back - aim to complete in 60 - 80 seconds										Perform 3-4 sets										
1	Goblet Squat									DB Push Press									10 Reps	
2	Press Ups									Goblet Squat									10 Reps	
3	KB Swings									Pull Ups									10 Reps	
4	TRX Row									DB Walking Lunges									10 Reps	

CORE CIRCUITS

Circuit 1

Perform 10-12 reps of each exercise back to back with 1-2 minutes recovery between each circuit. Perform 3-4 circuits at the end of your boxing sessions.

Ab / Barbell Rollout

- Hold bar shoulder width apart, arms locked out level with shoulders. Push hips forward so trunk and thighs are aligned
- Slowly roll out the bar until head is nearly in line with the bar – squeeze glutes and brace core to maintain neutral posture



Leg Lowerers

- Arms extended level with shoulders, legs tucked at 90 degrees
- Lower arms and legs at the same time – brace the core so the lower back stays on the floor
- Return to the start position without tucking up your pelvis.



Core ISO Hold

- Start by sitting towards the end of a bench, with upper body off the bench
- Sit back at approximately 45 degrees to the bench, maintain this position for 30-45 seconds
- Start by having arms crossed, then increase the difficulty by elevating arms in front or above your head, then you can add weight.



CORE CIRCUITS

Circuit 2

Perform 10-12 reps of each exercise back to back with 1-2 minutes recovery between each circuit. Perform 3-4 circuits at the end of your boxing sessions.



Plank Row

- In a press up position, with the hands slightly wider than shoulder width, perform slow touches of the opposite hand to the opposite shoulder.
- Ensure that the entire body remains still, and the core remains tight.

Straight Arm Straight Leg Sit Ups

- With the core engaged, feet together, and hands up towards the ceiling, sit up, while keeping the spine neutral.
- Slowly descend for 3 seconds, before repeating the movement. This can be progressed by the addition of weight, as shown here.



Rotational Plank

- Start in a plank position, with elbows under shoulders and arms perpendicular to the body. Pivot on the feet and rotate the body outwards.
- Raise arm to the ceiling and resist the hips from lowering to the floor.

Leg Lowers

- With the core engaged, and the lower back against the floor, lower the legs and the arms out slowly, pause, then return to the start position, challenging the core through extension.
- This exercise can be progressed by the



MOVEMENT PROGRAMME

DIY MOBILITY PROGRAMME

Perform whole workout 1-2 times everyday. 8-10 reps on each exercise

	Exercises	Benefits	Demo	Coaching Points
Thoracic / Rotation	Eagles	Rotation		Start by laying on your side, with the legs straight and arms perpendicular to the body. Open up the chest, bringing the top shoulder to the floor by rotating the upper body, and aim to bring the top knee close to the body. Pause and return to the start position
		Shoulder Mobility		
Core Mobility				
Glute Med Work	Banded Glute Bridges	Glute Strength		Begin lay on the side, pinning the top knee to the floor with the bottom hand. Perform a circular motion with the hand over and past the head, opening up the shoulder and brushing the fingers against the floor. Pause, and return to the middle, keeping the knee fixed the whole time.
		Hip Mobility		
		Core Strength		
Glute Med Work	Banded Side Clams	Glute Strength		Lay on side with both legs bent, heels stay tucked inline with hips and mini-bands placed around the knees. Keeping the hips perfectly still, open up the knees by pushing against the band and squeezing the glutes. Pause before returning to the start position to repeat the next rep, maintaining constant tension against the band.
		Hip Mobility		
		Abductor Strength		
Ground Based Movements	Press Up to Toe Touch	Core Strength		Begin in a press up position, with the hands underneath the shoulders and the core tight. Perform a press up, keeping the elbows in, then pike the hips to the ceiling. At the top, touch one hand to the opposite foot. Return to the press up position and flow into the next repetition where you will repeat the movement on the opposite side.
		Hamstring Mobility		
Shoulder Mobility				
Ground Based Movements	Spiderman to Twist	Hip Mobility		Begin in a press up position, with the hands underneath the shoulders. Place the left foot next to the left hand, and drop the back knee so it is slightly off the floor. Rotate the left hand up and round, brushing the shoulder as it passes, pause, return to the centre and repeat on the opposite side.
		Rotation		
		Shoulder Mobility		
Foundational Lower-Body Movements	Squat with Press	Leg Strength		Hold a small weight (2.5 – 5 kg) at the chest. Descend slowly into a squat, keeping the chest up, knees wide, and heels on the ground, pressing the weight out at the same time. Pause at the bottom and keep the knees wide. Drive weight through the heels to stand back up and bring the weight back to the chest.
		Core Strength		
		Hip Mobility		
Foundational Lower-Body Movements	Lunge and Rotation	Leg Strength		Stand with feet roughly hip width apart. Take a big step forward, at the same time as flexing at both knees. Rotate the upper body over the front knee, keeping the lower body still, and the hips, knees and feet in line. Return the upper body to the centre, then stand back up.
		Core Mobility		
		Rotation		
Foundational Lower-Body Movements	Lateral Lunge	Leg Strength		Stand with feet roughly hip width apart. Take a big step to the side, bending the leading knee and sitting the hips backward. Press out either the arms or a small object such as a foam roller, to help counterbalance and cue sitting the hips backwards. Keep the feet, knees, and hips all facing forward, pause, then return to the centre.
		Core Strength		
		Adductor Mobility		

CONDITIONING – USING YOUR PROGRAMME

Explaining Your Run

Your weeks are set to certain loadings. **Medium, Medium-Heavy, Heavy.** If you have a fight week, reduce the amount of runs or reps/sets.

How many minutes you **WORK** in each rep. This is followed by **REST**. This is total or walking recovery.

RPE means rate of perceived exertion. Rate the difficulty of the session between 1-10. **1 = easy, 10 = very hard.**

	Loading	Week	Work	Rest	Reps	Target Speed	Speed	RPE	Load	
Week 1	M	Session 1	6 mins	2 mins	2	13-16 km/h				
		Session 2	6 mins	2 mins	3	13-16 km/h				
		Session 3	Recovery Run / Bike - 20-30 mins @ 3/10 RPE							
		Session 4	6 mins	2 mins	3	13-16 km/h				

Fill in what **SPEED** you performed. This is in KM/H. If you are not working on a treadmill, your phone/GPS should tell you your average speed.

Calculate the **LOAD** of the session.

$$(\text{Work} \times \text{Reps} \times \text{Sets}) \times (\text{Speed} \times \text{RPE}) = \text{LOAD}$$

Then add up the total **WEEK LOAD**.

Heart Rate Monitor



Heart rate monitors are important to assess the effectiveness of a session, whether you entered the red zone for too little or for too long.

You can see what intensity you need to run at to get the most out of the sessions.

We advise you to get the Polar Bluetooth heart rate monitor so you can link it up to an iPhone or smart phone to give you instant feedback for your session.

[Click here to watch -](#)

[Bluetooth Heart Rate Monitor Tutorial Video](#)

CONDITIONING

By purchasing this product, you have **opened** yourself to our world-class **conditioning methods**

As we said in the introduction, we need to target longer duration intervals so we can burn calories, build red zone tolerance and reduce the likelihood of injury.

We have given you an indication of what speed to run at, but due to the longer duration it's very easy to fall into '**no man's land**'. Wear a heart rate monitor to ensure you are exercising in the **red zone for a minimum of 10 minutes**.

KICKSTART 2020 CONDITIONING							BOXING SCIENCE			
	Loading	Week	Work	Rest	Reps	Target Speed	Speed	RPE	Load	
Week 1	M	Session 1	6 mins	2 mins	2	13-16 km/h				
		Session 2	6 mins	2 mins	3	13-16 km/h				
		Session 3	Recovery Run / Bike - 20-30 mins @ 3/10 RPE							
		Session 4	6 mins	2 mins	3	13-16 km/h				
Week 2	MH	Session 1	6 mins	2 mins	3	13-16 km/h				
		Session 2	6 mins	2 mins	4	13-16 km/h				
		Session 3	Recovery Run / Bike - 20-30 mins @ 3/10 RPE							
		Session 4	8 mins	3 mins	2	13-16 km/h				
Week 3	H	Session 1	8 mins	3 mins	3	13-16 km/h				
		Session 2	6 mins	2 mins	4	13-16 km/h				
		Session 3	Recovery Run / Bike - 20-30 mins @ 3/10 RPE							
		Session 4	8 mins	3 mins	3	13-16 km/h				
Week 4	M	Session 1	8 mins	3 mins	3	13-16 km/h				
		Session 2	4 mins	2 mins	4	15-18 km/h				
		Session 3	Recovery Run / Bike - 20-30 mins @ 3/10 RPE							
		Session 4	6 mins	2 mins	3	13-16 km/h				
Week 5	MH	Session 1	4 mins	2 mins	5	15-18 km/h				
		Session 2	6 mins	2 mins	4	13-16 km/h				
		Session 3	Recovery Run / Bike - 20-30 mins @ 3/10 RPE							
		Session 4	4 mins	2 mins	5	15-18 km/h				
Week 6	H	Session 1	4 mins	2 mins	5	15-18 km/h				
		Session 2	4 mins	2 mins	5	15-18 km/h				
		Session 3	Recovery Run / Bike - 20-30 mins @ 3/10 RPE							
		Session 4	4 mins	2 mins	6	15-18 km/h				

CONDITIONING CIRCUITS

In consideration of the longer duration intervals for our running conditioning, we need to make sure that we are still performing at high intensities.

Bodyweight circuits are a great way to add high-intensity work into your boxing sessions. Whilst doing these exercises, make sure you have an emphasis on intensity and intent.

CIRCUIT 1

SQUAT THRUSTS		<p>SQUAT THRUSTS</p> <p>Work 20s Rest 10s x2</p> <p>COACHING POINTS Hands remain below the shoulders. Jump the feet in and out at a consistent and quick tempo, with both feet parallel. Keep core tight and maintain a neutral spine.</p>
BURPEES		<p>BURPEES</p> <p>20 sec 10 sec Rest x2</p> <p>COACHING POINTS Begin in a press up position, and bring the feet outside of the hands explosively, without changing the position of the hips in relation to the floor. Keep the chest and eyes up from the squat position and rapidly jump up as high as possible, driving the hips up and through.</p>
RUNNING ON THE SPOT		<p>RUNNING ON THE SPOT</p> <p>20 sec 10 sec Rest x2</p> <p>COACHING POINTS Explosively drive the knees up level with the hips at the top, and back down rapidly, running on the balls of the feet. Toes into shin and heels behind the knee at the top (close to buttocks) Opposite arm, opposite leg at all times, staying upright and tall.</p>
BURPEES		<p>BURPEES</p> <p>20 sec 10 sec Rest x2</p> <p>COACHING POINTS Begin in a press up position, and bring the feet outside of the hands explosively, without changing the position of the hips in relation to the floor. Keep the chest and eyes up from the squat position and rapidly jump up as high as possible, driving the hips up and through.</p>

CIRCUIT 2

MOUNTAIN CLIMBERS		<p>MOUNTAIN CLIMBERS</p> <p>20 sec 10 sec Rest x2</p> <p>COACHING POINTS Hands remain below the shoulders and core is kept tight. Maintain the position of the hips at all times and Sit back onto your heels, lower until hips are below your knees and hold at the bottom before driving up, e feet, driving the feet in and out, one at a time, keeping the toes gliding close to the ground.</p>
BURPEES TO RUNNING ON THE SPOT		<p>BURPEES TO RUNNING ON THE SPOT</p> <p>20 sec 10 sec Rest x2</p> <p>COACHING POINTS Begin in a press up position, and bring the feet outside of the hands explosively, without changing the position of the hips in relation to the floor. Keep the chest and eyes up from the squat position and explosively drive the knees up level with the hips at the top, and back down rapidly, running 4 times on the balls of the feet, before repeating.</p>
BURPEES		<p>BURPEES</p> <p>20 sec 10 sec Rest x2</p> <p>COACHING POINTS Begin in a press up position, and bring the feet outside of the hands explosively, without changing the position of the hips in relation to the floor. Keep the chest and eyes up from the squat position and rapidly jump up as high as possible, driving the hips up and through.</p>
RUNNING ON THE SPOT		<p>RUNNING ON THE SPOT</p> <p>20 sec 10 sec Rest x2</p> <p>COACHING POINTS Explosively drive the knees up level with the hips at the top, and back down rapidly, running on the balls of the feet. Toes into shin and heels behind the knee at the top (close to buttocks) Opposite arm, opposite leg at all times, staying upright and tall.</p>

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See you soon.

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