

30-DAY BOXING CHALLENGE

Shadow boxing at home, no gear. Warm up for 5 to 10 minutes, rest 45 seconds between rounds, and tick each day, rest days too. Week 4 adds body shots, slips, and rolls.

1 Jab	2 Cross	3 Lead hook	4 Rear hook	5 Lead uppercut	6 Rear uppercut
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Day 1 sprint: _____ punches	Day 30 sprint: _____ punches
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1 Week 1 + sprint ☐	2 Rest ☐	3 Week 1 ☐	4 Rest ☐	5 Week 1 ☐	6 Rest ☐	7 Rest ☐
8 Week 2 ☐	9 Rest ☐	10 Week 2 ☐	11 Rest ☐	12 Week 2 ☐	13 Rest ☐	14 Rest ☐
15 Week 3 ☐	16 Rest ☐	17 Week 3 ☐	18 Rest ☐	19 Week 3 ☐	20 Rest ☐	21 Rest ☐
22 Week 4 ☐	23 Rest ☐	24 Week 4 ☐	25 Rest ☐	26 Week 4 ☐	27 Rest ☐	28 Rest ☐
29 Rest ☐	30 Week 4 + sprint ☐					

Week 1: Jab and cross, 3 rounds of 1:30, about 6 min. ☐ 1 ☐ 2 ☐ 1-2 ☐ 1-1-2 ☐ 1-2-1 ☐ 1-2-1-2

Week 2: Add the hooks, 3 rounds of 2:00, about 8 min. ☐ 1-2 ☐ 2-3 ☐ 3-2 ☐ 1-2-3 ☐ 1-4 ☐ 2-3-2 ☐ 1-2-3-2

Week 3: Add the uppercuts, 4 rounds of 2:00, about 10 min. ☐ 1-2 ☐ 5-2 ☐ 1-6 ☐ 6-3 ☐ 5-2-3 ☐ 1-2-5-2 ☐ 1-6-3-2

Week 4: Put it together, 4 rounds of 2:30, about 12 min. ☐ 1-2 ☐ 1-1-2 ☐ 1-2-3 ☐ 3-2 ☐ 2-3-2 ☐ 1-2-3-2 ☐ 3-4-2 ☐ 1-6 ☐ 5-2 ☐ 6-3 ☐ 1-2-5-2 ☐ 1-6-3-2

Sprint: after the warm-up, throw as many full punches as you can in 20 seconds and write the number. New to exercise? Do your first sprint on day 8 instead.

Stop if you feel chest pain, dizziness, unusual shortness of breath, joint pain that does not settle, or numbness in your hand. New to exercise, or have a heart, joint, or other health condition? Check with a doctor first.

The full guide: guardiaboxing.app/30-day-boxing-challenge/ · Every combo: guardiaboxing.app/boxing-workout-plan-for-beginners/