

4-WEEK BOXING PLAN FOR BEGINNERS

Shadow boxing at home: no bag, no gloves. Train 2 to 5 days a week, and tick a box after each workout.

1 Jab	2 Cross	3 Lead hook	4 Rear hook	5 Lead uppercut	6 Rear uppercut
-----------------	-------------------	-----------------------	-----------------------	---------------------------	---------------------------

1. Warm up for 5 to 10 minutes: march, skip, roll your shoulders, and throw slow punches.
2. Odd numbers are your lead hand, even numbers your rear hand. Orthodox leads with the left, southpaw with the right.
3. In each round: build the first combo up one punch at a time, each step twice. Throw each combo 3 times in a row, then mix them. Throw fast, clean punches for the last 10 seconds.
4. Rest 45 seconds between rounds. Bring both hands back to your chin after every punch.
5. Move to the next week when the combos feel easy and your hands come back every time. Repeat a week if they do not.
6. Week 4: b means to the body, so 2b is a cross to the body. Slip: move your head to the side. Roll: bend your knees and dip under.

1

Jab and cross · 3 rounds of 1:30, 45 s rest, about 6 min

1 2 1-2 1-1-2 1-2-1 1-2-1-2

Workouts done: ☐ ☐ ☐ ☐ ☐

2

Add the hooks · 3 rounds of 2:00, 45 s rest, about 8 min

1-2 2-3 3-2 1-2-3 1-4 2-3-2 1-2-3-2

Workouts done: ☐ ☐ ☐ ☐ ☐

3

Add the uppercuts · 4 rounds of 2:00, 45 s rest, about 10 min

1-2 5-2 1-6 6-3 5-2-3 1-2-5-2 1-6-3-2

Workouts done: ☐ ☐ ☐ ☐ ☐

4

Put it together · 4 rounds of 2:30, 45 s rest, 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

Body (b): 1-2b 1b-2 1-2b-3 1-1-2b-3 1-2-3-2b 1-2-3b 3b-3 2-3b-2 3-4b-3

Defense: 1-2-slip slip-2 slip-2-3 roll-3-2 2-3-roll-3-2

Workouts done: ☐ ☐ ☐ ☐ ☐

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.

Free round timer with a bell: guardiaboxing.app/boxing-timer/ · The full guide: guardiaboxing.app/boxing-workout-plan-for-beginners/