

15 MIN

NO EQUIPMENT



Aaron Swenson
FightCamp Trainer
@Swensonboxing

BOXING WORKOUT #1

3 combos per round | 1 min rest between rounds | x4 rounds

1 MIN

Combo 1



JAB



JAB



CROSS

1 MIN

Combo 2



JAB



CROSS



LEAD
UPPERCUT

1 MIN

Combo 3



LEAD
UPPERCUT



REAR
UPPERCUT

Boxing Training Program

Xiang Xie



Boxing Training Program :

Whispering the Secrets of Language: An Emotional Quest through **Boxing Training Program**

In a digitally-driven earth wherever monitors reign great and quick conversation drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within words frequently get unheard. However, situated within the pages of **Boxing Training Program** a charming fictional value pulsing with organic feelings, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, that charming opus invites visitors on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles cloth of each and every word. Within the psychological depths with this moving evaluation, we shall embark upon a heartfelt exploration of the book is primary subjects, dissect its captivating publishing fashion, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

https://matrix.jamesarcher.co/results/browse/HomePages/mindfulness_meditation_primer.pdf

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