

STAY ACTIVE RESOURCE CARD

Box Fit

BOXING SKILLS CIRCUIT

Other Stay Active Cards available
Contact email@dsni.co.uk



1 MIN WORK, 30 SECS REST FOR ALL EXERCISES.
DO EACH EXERCISE 3 TIMES.

1

Skipping and Star Jumps

KEY POINTS:

- Skipping with real or imaginary jump rope
- Star Jumps. Arms only option for those with reduced mobility



2

Jab

KEY POINTS:

- Right handed – stand left foot and shoulder pointing forward
- Start with both fists up at chin height
- Punch out with left hand, turning palm to floor as you do
- Keep chin tucked into chest
- Left handed – Step forward with right foot, punching out with right hand



3

Cross

KEY POINTS:

- Stand well balanced with feet approx hip width apart
- Right handed – punch out across the body with right hand
- Twist hips in the same direction as your punch
- Left Handed – punch out across the body with left hand, twisting hips with punch



4

Combinations

KEY POINTS:

- **1st Combination:**
Jab - Cross - Jab (J-C-J)
- **2nd Combination:**
As above but add a squat (J-C-J-Squat)
- **3rd Combination:**
As above but add a jump (J-C-J-Squat-Jump)
- Do each combination continuously for 1 minute

