# BOXING FUSION

## Student Workshop Guide

NATIONAL EXERCISE TRAINERS ASSOCIATION

# NATIONAL EXERCISE TRAINERS ASSOCIATION EDUCATIONAL COURSES

NETA's mission is to support and inspire the development of well-qualified fitness professionals. We accomplish this through the delivery of quality education programs incorporating evidence-based research and practical application. NETA is committed to guiding fitness professionals throughout their career by offering affordable and accessible educational opportunities.

As a Group Exercise Instructor, Personal Trainer, or Wellness Coach you realize the importance of maintaining your certifications and staying current with the advancements in the health, fitness, and wellness industry. It takes hard work to become a professional, but it takes an enduring commitment to training and continued education to help others achieve their goals.

Our goal is to provide fitness professionals with an amazing educational experience. These educational workshops include master classes taught by our world-class presenters, practical learning opportunities and ideas to implement with your clients or in your classes.

We continually develop new continuing education courses, so let us know if there is a course you would like to see that we do not offer. We are here to aid you in becoming the best fitness and wellness professional possible and we are committed to expanding and strengthening your educational foundation. Please feel free to provide us feedback so that we know what you liked, what we can improve, and how we can better support you.

***SEND FEEDBACK TO SAMANTHA@NETAFIT.ORG.***

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# COURSE DESCRIPTION & OBJECTIVES

## COURSE DESCRIPTION

Interested in teaching boxing or incorporating boxing movements into your group exercise class? In this course, you will learn basic boxing techniques. Plus, learn how to fuse elements of plyometrics & strength to make a quick 30-minute high intensity circuit, guaranteed to get your participants the toned and powerful body of a boxer. Learn how to design classes using a simple 30-minute format that will make class easy to follow, but tough to do!

**Note**: this course will review the basic boxing fundamentals and is a non-contact format.

## COURSE OBJECTIVES

By the end of this course participants will:

- Understand how a high intensity boxing circuits format will improve participants fitness levels
- Learn the basic boxing technique (punches and kicks) and understand how to execute every movement with precision for the target muscles
- Review instructor fundaments and safety concerns associated with this format
- Learn how to teach classes using the “Boxing Fusion” format(s)

# SECTION 1: INTRODUCTION

In today's society, individuals face increased demands on their time, from career demands to personal lives. Stress levels are high as time restraints continue to be placed on people. One of the best strategies to help maintain stress and one's health is to engage in regular physical activity. However, time restrictions tend to be the top reason why people do not engage in regular physical activity.

This course delivers a great option to help people combat time restrictions. Quick workouts that focus on high intensity circuits have become very popular. Our boxing fusion format combines this trend with the high pace and high energy of kickboxing. This format combines elements of non-contact boxing, resistance training, and plyometrics into a 30-minute High Intensity Boxing Circuit (HIBC).

Boxing requires speed, agility, power, and endurance. It is a great workout both mentally and physically. Boxing not only helps work the cardiorespiratory system and strengthen muscles, but it is also a great stress reliever.

The health benefits gained from performing high intensity circuits or HIIT training show greater health benefits (6, 7) in a shorter period of time with fewer exercise sessions. Health benefits include:

- increased metabolic rate
- improved fat oxidation
- decreased abdominal fat
- improved insulin sensitivity
- decreased blood pressure

High intensity workouts also provide for a greater Excess Post exercise Oxygen Consumption (EPOC) (aka. the "after burn'). In EPOC, oxygen consumption and caloric expenditure remain elevated as the working muscles cells restore physiological and metabolic factors in the cell. This allows for a higher rate of calories to be burned up to 24-hours AFTER the exercise session has ceased.

High Intensity Circuit Training (HICT) and Boxing are not new concepts, but the combination of the two formats together provides for an even more intense workout.

Another great benefit of the 30-minute format is that ANYONE can do it! Exercises can be modified throughout class to meet any participant's fitness level and ability (beginner – advanced). With all of these great health benefits, it just makes since to throw on gloves and get ready to punch and kick to better health.

# SECTION 2: BOXING FUNDAMENTALS

Instructors need to evaluate each movement in class and identify any necessary modifications to ensure the highest level of safety.

## TRADITIONAL BOXER STANCE




### EXERCISE & KEY POINTS

**-The proper stance**: ready to attack, defend, and move!

-Weight is evenly distributed across both legs, knees are slightly bent, elbows down, hands up.

-Feet are NEVER positioned in one line but are hip width apart, balance is KEY.

-Head behind hands, chin slightly down, gaze is straight ahead.

-Knees and toes should always pointed in the same direction.

Key: maintain alignment of the shoulders, hips, knees, and foot direction.

## BASIC BOXER FOOTWORK

### EXERCISE & KEY POINTS

-Maintain balance between the feet & pivot on the balls of the feet.

-Avoid crossing the mid-line.

-Feet hip width to shoulder width provides a solid base to execute various strikes.



# THE ROTATIONAL MOVEMENT USED



## EXERCISE & KEY POINTS

-Keep body weight centered and on balls of feet throughout the movement.

-Keep the knees and toes pointed in the same direction (boxer stance).

Key: The hip/shoulder pivoting correctly is key to avoiding injuries to the knees and lower back.

# JAB

## EXERCISE & KEY POINTS

-From boxer stance.

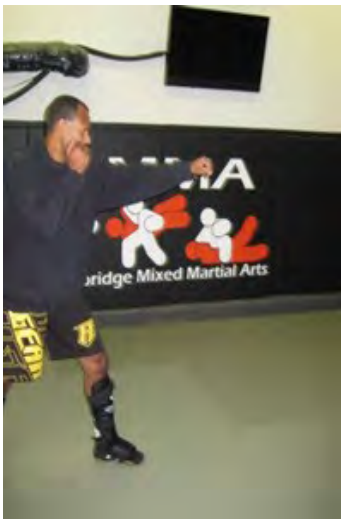
-Extend hand in a straight line with palm down.

-Pull arm back in straight line, returning to boxer stance.

### *MAJOR MUSCLES WORKED*

- Anterior deltoid and medial deltoid
- Triceps (with elbow extension)



# CROSS





## EXERCISE & KEY POINTS

-From boxer stance - rear hand will perform the cross punch.

-Open & twist hips and extend arm across body.

-As arm extends, pivot on the balls of the feet (simultaneous movement).

-Pull arm back in straight line, returning to boxer stance.

**This exercise can be modified to decrease the amount of torque and shear stressed placed on the joints (hips, lower spine, knees, and ankles) simply by changing the angle of the cross punch- see modification section.*

### *MAJOR MUSCLES WORKED*

- Internal and external obliques
- Deltoids
- Triceps

# HOOK

## EXERCISE & KEY POINTS

-From boxer stance.

-Rotational drive from the hips while extending arm in a figure four (hook) with pivot from feet.

-Arm parallel to floor with palm facing down.

-Imagine sliding arm across a tabletop to keep arm parallel to floor.



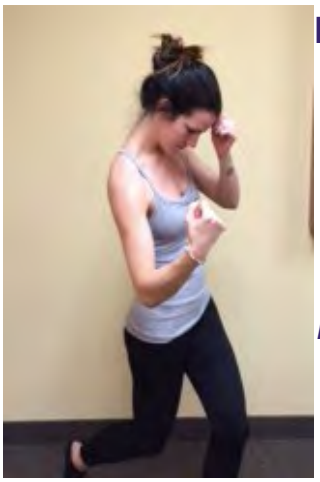



### *MAJOR MUSCLES WORKED*

- Internal and external obliques
- Pectoralis major and anterior deltoid contract simultaneously
- Serratus, anterior and medial deltoid remain contracted at completion of hook

# UPPERCUT





## EXERCISE & KEY POINTS

-From boxer stance.

-Maintain slight bend in knees.

-Extend hand upward almost perpendicular to the floor in front of face (as if aiming for opponents chin).

### *MAJOR MUSCLES WORKED*

- Internal and external obliques
- Medial and anterior deltoid

# FRONT KICK

## EXERCISE & KEY POINTS

-From boxer stance.

-Lift knee/leg, while engaging and using hip, and abdominals.

-Extend leg to front, aiming for mid-thigh.

-Maintain control and keep knee safe by fully extending through foot.

-Keep weight on standing leg and a slight bend in the knee.





### *MAJOR MUSCLES WORKED*

- Iliopsoas (hip flexor) rectus femoris (knee lift)
- Quadriceps (knee extension)
- Hamstrings pull extended foot back into flexed knee position

# Roundhouse Kick







## Exercise & Key Points

-From boxer stance.

-Lift the knee and slightly pivot on front foot (45 - 90 degree angle).

-Open front hip, while lifting rear leg, and continuously pivot towards target

-Standing leg should have a slight bend in the knee.

### *Major muscles worked*

- Hip abductor
- Concentric contraction involves gluteus medius and tensor fascia latae
- Iliopsoas and rectus femoris contact
- Quadriceps during kick and hamstringing in retraction

# Side Kick

## Exercise & Key Points







-From boxer stance.

-Keep all weight on standing leg.

-Knee and hip drive in and up (lift), and extend towards target. Rotation occurs and slightly lean to opposite side of the kick.

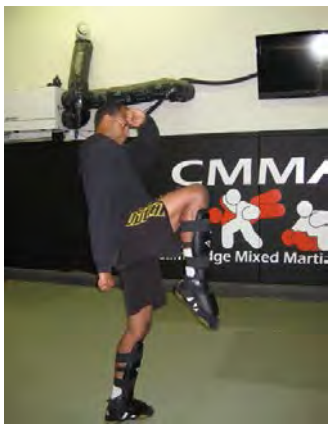
-Extend kicking leg to mid-level with foot parallel to the floor.

### *Major muscles worked*

- Iliopsoas (hip flexor) and rectus femoris (knee lift)
- Tensor fasciae latae and gluteus medius (hip abduction)
- Quadriceps (knee extension at end of kick)
- Gluteus medius and tensor fasciae latae (eccentric hip abduction)

## NEE




### EXERCISE & KEY POINTS

-From boxer stance.

-Keep all weight on standing leg with a slight bend in the knee.

-Lift knee to waist height, driving with the hips and slightly lean back.

### *MAJOR MUSCLES WORKED*

- Iliopsoas (hip flexor) and rectus femoris (knee lift)
- Rectus abdominis (stabilizes the torso and pelvis against the weight of your leg, and spinal flexion as ribs are pulled toward hip bone)

## BACK KICKS

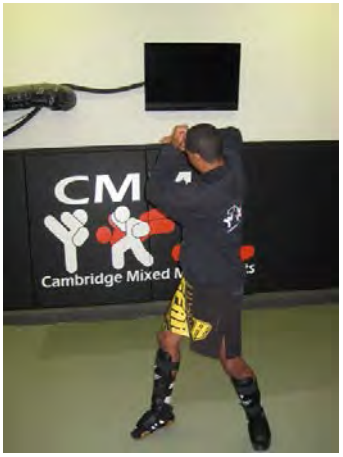
### EXERCISE & KEY POINTS

-From boxer stance, look over shoulder.

-Lift rear leg, pull knee in and press to extend leg behind the body to about hip height.

-Foot is flexed (like slamming a car door shut).

-Keep weight on standing leg with a slight bend in the knee.







### *MAJOR MUSCLES WORKED*

- Tensor fasciae latae, Iliopsoas (hip flexor) and rectus femoris (hip flexion)
- Quadriceps and gluteus medius (contraction; hip stabilization)
- The lumbar muscles and deep erector spinae muscles stabilize the torso.
- The obliques provide rapid rotation of the torso.

# SECTION 3: CLASS COMPONENTS

Boxing Fusion is a 30-minute high-intensity boxing circuit class that includes elements of cardiovascular conditioning and strength training.

## WARM-UP SEGMENTS

3-5 MINUTES

Due to the 30-minute duration of Boxing Fusion, an "accelerated warm-up" is necessary to increase the body's internal temperature and prepare the body for exercises to follow. While a typical active dynamic warm-up will last from 10-20 minutes, an accelerated warm-up will only last three to five (3 – 5) minutes in length. It is important to prepare the muscles and body for the workout ahead using the suggested exercises below.

### SUGGESTED WARM-UP EXERCISES:

- March/Step Touch
- Easy Walk/jog/Skip Rope
- Basic Footwork Drills (lateral jumps)/Leg Swings
- Windmill Arms
- Bob and Weave
- Basic Punches: jabs, crosses, hooks, uppercuts (include pivoting)
- Basic Kicks: front kicks, knees, sides kicks
- Torso Rotation (trunk twist)/ Waist Bends (all directions)
- Squats & Overhead Arm Extension
- Alternating Lunges/walking lunges to hip flexor stretch
- Dynamic Stretches (also see flexibility segment at the end of this section)

Dynamic stretches are typically held for 1 – 3 seconds and are controlled movements to actively increase joint range of motion. Dynamic stretches are typically performed during the warm-up segment and they replicate functional exercises.

### SUGGESTED DYNAMIC STRETCHES INCLUDE:

- Dynamic Knee Hug
- Dynamic Leg Kicks
- Dynamic Squats
- Low Lunge (right & left)
- Windmill (arms)

**CREATE YOUR OWN BOXING WARM-UP:**

# CARDIORESPIRATORY SEGMENTS

MIMIC TIME SPENT IN THE BOXING RING.

The cardiovascular portion of Boxing Fusin is designed to mimic the intensity levels and rest period's boxer experiences while in the ring. Thus, the format consists of six (6) rounds of 3-minutes of activity followed by a 1-minute rest period. Within each of the six (6) rounds, activity alternates between 30-seconds of cardiovascular boxing drills and 30-seconds of strength training. This will be discussed in greater detail in the next section of this guide.

Cardiovascular drills can include boxing drills using the upper body (jab, cross-jab, hook, upper, speedbag), lower body boxing drills (sidekick, front kick, back kick, roundhouse), or plyometrics. Combinations can be a great way of mixing up the drills and mimicking work in the ring.

## SUGGESTED EXERCISES INCLUDE:

| Upper Body | Lower Body | Plyometrics | Combinations |
|---|---|---|---|
| Jab, Jab- R, R | Side Kicks – R, L | Squat Jumps | Jab, Side Kick- R, R |
| Cross, Jab- R, L | Knee, Back Kick- R, L | Split Jump Lunges | Upper Cut, Cross, Kick- R, L, L |
| Jab , hook- R, L | Alternating Front Kicks- R, L | Tuck Jump | Hook, Upper, Knee – R, L, L |
| Hook, Upper- R, L | Round House – R | Star Jump | Jab , Jab, Kick- R, R, L |
| Upper, Hook- R, R | Knee, Round House – R, L | | Jab, Cross, Knee- R, L, R |
| | | | Kick, Cross, Hook- R, R, L |

### CREATE YOUR OWN BOXING COMBINATIONS:

### CREATE YOUR OWN BOXING & PLYOMETRIC COMBINATIONS:

# STRENGTH SEGMENTS:

Strength training is essential for boxing and improves one's effectiveness in the ring. Strength exercises improve the power of strike(s), assist with the development of endurance, increases range of motion (ROM) with a variety of movements (punches & kicks), and creates strong muscles, which aids in injury prevention.

Within each of the six (6) rounds, activity alternates between 30-seconds of cardiovascular boxing drills and 30-seconds of strength training. This will be discussed in greater detail in the next section of this guide.

Functional exercises that mimic the movement patterns and muscles used to punch, strike, or kick are best used in Boxing Fusion classes. For example, a bench press will increase one's strength but as it is a supine exercise, it does not have the most transferable skills to boxing. It is suggested to use compound exercises.

## SUGGESTED EXERCISES INCLUDE:

Wall Squat with Med Ball Squeeze

Plank & Inner Thigh Squeeze (med ball between legs)

Med Ball Squat Partner Toss

Versa Band Partner Punch

## CREATE YOUR OWN BOXING & STRENGTH COMBINATIONS:

# COOL DOWN SEGMENT

Just as it is essential to warm-up, it is equally important to cool-down. The cool-down segment should be 3-5 minutes and designed to gradually decrease a participant's heart rate, blood pressure, and prevent blood from pooling in the lower extremities.

## SUGGESTED COOL-DOWN EXERCISES:

- March/Walk
- Step Side to Side
- Squat and Reach
- Shoulder Rolls

# FLEXIBILITY/STRETCHING SEGMENT

Stretching releases all the tension that was placed on the body, aids with recovery and helps with injury prevention. Be sure to stretch the shoulders, back, chest muscles, hips and legs as they are highly involved in the technique used in Boxing Fusion classes.

It is important to complete static hold stretches for a minimum of 15-30 seconds for each major muscle group worked during class.

## SUGGESTED STATIC STRETCHES INCLUDE:

- Kneeling reach (extended child's pose)
- Standing or Seated forward fold
- Lying spinal twist (bent leg or leg extended)
- Downward facing dog
- Half Pigeon
- Camel Pose
- Overhead arm extensions
- Head title/chip drop
- Quad stretch
- Calf stretch

# SECTION 4: CLASS FORMATS & DESIGN

## High-Intensity Boxing Circuits

Boxing Fusion is designed as a 30-minute high-intensity boxing circuit classes which fuses a number of different formats together: boxing, plyometrics, and strength.

High-intensity boxing circuits consist of performing alternating exercises on multiple muscle groups one after the other with little rest in-between. This includes short bursts (10-60 seconds) of intense exercise (≥90% maximal aerobics capacity) with alternating period of rest (40% - 50% of max heart rate) which may last as long as the work period.

### HIBC CAN BE STRUCTURED IN TWO WAYS:

Section 1: Performed as a whole group

Section 2: Performed in a circuit format (one station at a time)

Once the class goals/objectives have been determined, establish the work and rest periods to meet participant's needs.

#### *TOTAL CLASS LENGTH*

A higher-intense class will allow for shorter class duration. Participants should be begging for mercy after 30 minutes of this workout!!!

## CLASS DESIGN MODEL

Begin with 3-minute warm-up. Perform six circuits, six exercise each circuit, 30 seconds of high-intensity work, followed by 60 seconds of rest. Finish with a 3-minute cool-down/stretch for a total of 30 minutes!

| | *CIRCUIT 1* | *CIRCUIT 2* | *CIRCUIT 3* | *CIRCUIT 4* | *CIRCUIT 5* | *CIRCUIT 6* |
|---|---|---|---|---|---|---|
| Cardio | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Strength | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Cardio | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Strength | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Cardio | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Strength | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** |

*[*Note: have a timer app pre-set for intervals to allow focus to be on participants and not on watching the clock.]*

## EXERCISE SELECTION

- Create a balance of cardiovascular and strength exercises (i.e. you would not want to perform four different types of punches in a row).
- Promote strength development for all major muscle groups of the body
- Modify as necessary to increase or decrease exercise intensity.
- Design exercises accordingly to ensure easy transitions thus minimize rest time.

## EXERCISE ORDER

Alternate exercises to give muscles a break. For example, front jabs (upper body) could be followed by a squat (lower body). While participants are performing jabs, the lower body is not being used a great deal (active recovery). Thus, the lower body would have sufficient energy to perform squats with proper form and adequate intensity.

**KEY: the objective is to allow for multiple circuits to be performed in quick succession- using proper form and technique- and at high intensity with minimal rest between exercises.**

## EXERCISE DURATION

Generally, the longer the exercise duration, the lower the intensity. Thus, ensure participants can maintain the appropriate intensity for the duration set while maintaining proper form and technique. A 30-second bout is adequate to allow for all out work (be sure to monitor participants exercise intensity throughout class to ensure they are working at the appropriate levels).

### REST BETWEEN CIRCUITS

When rest intervals are too long, it undermines the purpose of this type of class, which is to create maximal exercise intensity in a minimal amount of time. Rest time between exercises can range from a few seconds to 3 minutes depending on the difficulty of the exercise, and fitness level and abilities of your participants.

Key points to remember when designing class:

- More rest after high intense work
- Less rest after less intense work
- More rest after using weights

# SECTION 5: INSTRUCTOR FUNDAMENTALS

When teaching a high intensity format be sure to provide exercise modifications to allow everyone in class to be successful. Group exercise classes have participants of all ages, skills, abilities, and injury levels attending classes, therefore it is important for instructors to understand how to modify and coach to all these different types of participants.

It is suggested to take additional time at the beginning of class, or offer a Boxing Fusion Fundamentals class, to allow participants to master the technique behind the movements.

## MODIFICATIONS

Encourage, demonstrate, and provide exercise modifications (regressions and progressions) for participants and encourage them to challenge themselves with each exercise.

If they cannot perform a movement for a given period of time, provide modifications or active recovery options (march in place or step side to side). Encourage participants to take mini breaks outside the structured rest period if necessary.

## CUEING & COACHING

Cueing is a crucial part of teaching any group exercise class. The ability of participants to follow a boxing combination in a smooth and continuous manner depends on the instructor's ability to effectively cue exercises.

Verbal cues should be positive, concise, and consistent. There are a few ways to express verbal messages in a group exercise class setting:

- Technical cues (name of exercise, direction, biomechanics and body alignment)
- Duration (provide the number of repetitions/duration of exercise)
- Coaching & Motivational cues (to build energy and encourage a greater work effort)

Avoid bombarding participants with numerous cues all at once and instead provide a technical cue (name of exercise) and duration of exercise, followed by additional cues based on performance and abilities (modifications).

Focus on cueing to the outcomes that are desired by giving clearly stated goals. Examples:

- Alternating jabs (right & left)
- 60 seconds with 10 seconds of rest!
- "Push yourself for 60 seconds… I want you to feel as if you cannot do another jab if you were asked to."
- "Check it – are you pivoting on the balls of your feet?!"

| **What would be good cues for a JAB combination?** | **What would be good cues for a KICK combination?** |
|---|---|
| | |

# SECTION 6: PUT IT TOGETHER!

## MASTER CLASS

### WARM-UP OPTIONS, 3 MINUTES IN LENGTH (PICK AND CHOOSE):

- Bob & Weave
- Basic punches: jab, cross, hook, uppercut (include pivoting/rotation)
- Basic kicks: front kick, knee, sides kick
- Torso rotation
- Squat
- Alternating lunge/walking lunge
- Dynamic Stretches

*Warm up and cool down are not shown on the chart but should be 3 minutes each.*

| | CIRCUIT 1 | CIRCUIT 2 | CIRCUIT 3 | CIRCUIT 4 | CIRCUIT 5 | CIRCUIT 6 |
|---|---|---|---|---|---|---|
| **Cardio 30-seconds** | Jab – R | Alt. Front Kicks | Alt. Hooks | Front Kick x2<br>Side Kick x2 | Speed Bag - R | Burpees |
| **Strength 30-seconds** | Squat | Push-Ups | Lunges | Plank Shoulder Taps | Lateral Lunge | Knee Back Kick - R |
| **Cardio 30-seconds** | Jab – L | Alt Side Kicks | Alt. Uppercuts | Front Kick x2<br>Side Kick x2 | Speed Bag - L | Burpees |
| **Strength 30-seconds** | Squat | Push-Ups | Lunges | Spider Plank | Step – Kick - R | Knee Back Kick - L |
| **Cardio 30-seconds** | Jab, Cross | Alt. Back Kicks | Hook x2<br>Uppercut x2 | Front Kick x2<br>Side Kick x2 | Speed Bag - Double | Boxer sh. w/ Speed Bag |
| **Strength 30-seconds** | Squat Jump | Plyo Push-Ups | Plyo Lunges | Mountain Climbers | Step – Kick - L | Sprint/Fast Feet |
| | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** |

# CREATE YOUR OWN!

Create a 30-minute Boxing Fusion class. Your sample class should include six circuits each circuit includes six exercises.

| | *CIRCUIT 1* | *CIRCUIT 2* | *CIRCUIT 3* | *CIRCUIT 4* | *CIRCUIT 5* | *CIRCUIT 6* |
|---|---|---|---|---|---|---|
| Cardio | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Strength | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Cardio | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Strength | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Cardio | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| Strength | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ | ⇩ |
| | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** | **1 Min. Rest** |

# SUGGESTED READINGS & REFERENCES

**Enhance your knowledge of the science and research behind the course with these suggested books, journal articles, and web articles.**

## BOOKS

Blahnik, J., (2011). Full-Body Flexibility. The 3-Step method for flexibility, mobility, and strength, 2nd edition. Champaign, IL: Human Kinetics.

Delavier, F., Gundill, M., (2012). Delavier's Mixed Martial Marts Anatomy. Champaign, IL: Human Kinetics.

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Klika, B., Jordan, C., (2013). High-Intensity Circuit Training Using Body Weight: Maximum Results With Minimal Investment. American College of Sports Medicine. Vol 17 No. 3 (Date).

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Nguyen, J., (2011). Expert Boxing. Boxing Training, Theory, and Technique. Retrieved from: http://www.expertboxing.com/boxing-training/boxing- workouts/hand-speed-drills-and-exercises