



Fling Boxing

Advanced Workout 15 Rounds

Guidelines:

Object is to form a punching rythm, not how hard you can hit the bag.

Workout 2 minutes, exercise 1 minute, rest 1 minute.

Last 30 Seconds of each round is alternating left-right punches.

Workout for Right Handed person, for Left Handed just switch. →

Combinations Used:

Left-Right

Left-Left-Right

Alternate Left-Right-Left-Right

Right-Right-Left

Time	Combinations	Round
0-2 min	Lt-Rt - 8x Lt-Lt-Rt - 8x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	1
2-3 min	Exercise: Plank - hold plank for 1 minute	
3-4 min	Rest	
4-6 min	Lt-Rt - 8x Lt-Lt-Rt - 8x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	2
6-7 min	Exercise: Push ups - Do as many push ups for 1 minute	
7-8 min	Rest	
8-10 min	Lt-Rt - 8x Lt-Lt-Rt - 8x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	3
10-11 min	Exercise: Jump Rope for 1 minute	
11-12 min	Rest	
12-14 min	Lt-Rt - 8x Lt-Lt-Rt - 8x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	4
14-15 min	Exercise: Plank - hold plank for 1 minute	
15-16 min	Rest	
16-18 min	Lt-Rt - 8x Lt-Lt-Rt - 8x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	5
18-19 min	Exercise: Push ups - Do as many push ups for 1 minute	
19-20 min	Rest	
20-22 min	Lt-Rt - 8x Lt-Lt-Rt - 8x Repeat Last 30 Alternate Lt-Rt-Lt-Rt	6
22-23 min	Exercise: Jump Rope for 1 minute	
23-24 min	Rest	
	Add 9 more rounds (Rd 7, 8, 9, 10, 11, 12, 13, 14, 15)	7
	to reach the Advanced level!	