



Fling Boxing

Advanced Workout 10 Rounds

Guidelines:

Object is to form a punching rythm, not how hard you can hit the bag.
Workout 2 minutes with 1 minute rest in between.

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
- Left-Left-Right-Left
- Left-Left-Right-Left-Right
- Alternate Left-Right-Left-Right

Time	Combinations	Round
0-2 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	1
2-3 min	Rest	
3-5 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	2
5-6 min	Rest	
6-8 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	3
8-9 min	Rest	
9-11 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	4
11-12 min	Rest	
12-14 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	5
14-15 min	Rest	
15-17 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	6
17-18 min	Rest	
18-20 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	7
20-21 min	Rest	
21-23 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	8
23-24 min	Rest	
24-26 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	9
26-27 min	Rest	
27-29 min	Lt-Rt - 6x Lt-Lt-Rt - 6x Lt-Lt-Rt-Lt - 6x Lt-Lt-Rt-Lt-Rt 6x Repeat Alt Lt-Rt	10
29-30 min	Rest	
FINISHED!		