



# Fling Boxing

## Beginner Workout 15 Rounds

Time	Combinations	Round
0-2 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>1</b>
2-3 min	Rest	
3-5 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>2</b>
5-6 min	Rest	
6-8 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>3</b>
8-9 min	Rest	
9-11 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>4</b>
11-12 min	Rest	
12-14 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>5</b>
14-15 min	Rest	
15-17 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>6</b>
17-18 min	Rest	
18-20 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>7</b>
20-21 min	Rest	
21-23 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>8</b>
23-24 min	Rest	
24-26 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>9</b>
26-27 min	Rest	
27-29 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>10</b>
29-30 min	Rest	
30-32 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>11</b>
32-33 min	Rest	
33-35 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>12</b>
35-36 min	Rest	
36-38 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>13</b>
38-39 min	Rest	
39-41 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>14</b>
41-42 min	Rest	
42-44 min	Lt-Rt - 8x   Lt-Lt-Rt - 8x   Repeat   Last 30 Alternate Lt-Rt-Lt-Rt	<b>15</b>
44-45 min	Rest	