RECOVERY RUMBLE / PRINTABLE WORKOUT CARD

Boxing at home

30 minutes | Beginner | No bag or jumping

Read the companion article before starting. Clear a nonslip space. Practise slowly, keep punches controlled and return hands to guard. 1 = lead-hand jab; 2 = rear-hand cross.

0:00-5:00 WARM UP
2 min easy walk; 1 min relaxed arms; 1 min stance/steps; 1 min slow jabs.

8 ROUNDS: 90 sec practice + 60 sec recovery EVERY round

5:00-7:30	**1 Stance + small steps** Keep feet apart; pause to check balance.
7:30-10:00	**2 Single jabs: 1** Return to guard after each punch.
10:00-12:30	**3 Jab-cross: 1-2** Reset fully between pairs.
12:30-15:00	**4 Double jab: 1-1** Bring the lead hand back between punches.
15:00-17:30	**5 Double jab-cross: 1-1-2** Use 1-2 if the third punch feels untidy.
17:30-20:00	**6 1-2, reset, step back** Complete punches before a small step.
20:00-22:30	**7 Alternate 1-1 and 1-2** Pause between combinations.
22:30-25:00	**8 Choose your cleanest pattern** Stay steady; take the final recovery minute.

25:00-30:00 COOL DOWN
Walk slowly and gradually ease your pace. Extend the cool-down if needed.

Make it easier: 30 sec practice + 120 sec recovery keeps the same round times. Or do 4 rounds plus warm-up/cool-down for 20 min. Take extra rest whenever needed.

Stop for pain, dizziness or unusual breathlessness. Seek urgent care for chest pain, fainting or severe breathing difficulty. Ask a health professional about injuries or conditions; a boxing coach can check technique.

Technique: England Boxing handbook, pp. 68-75, 94-95. Pacing: CDC. Warm-up/cool-down: AHA.
Original editorial routine. Coach review pending. Full sources and instructions in the companion article.