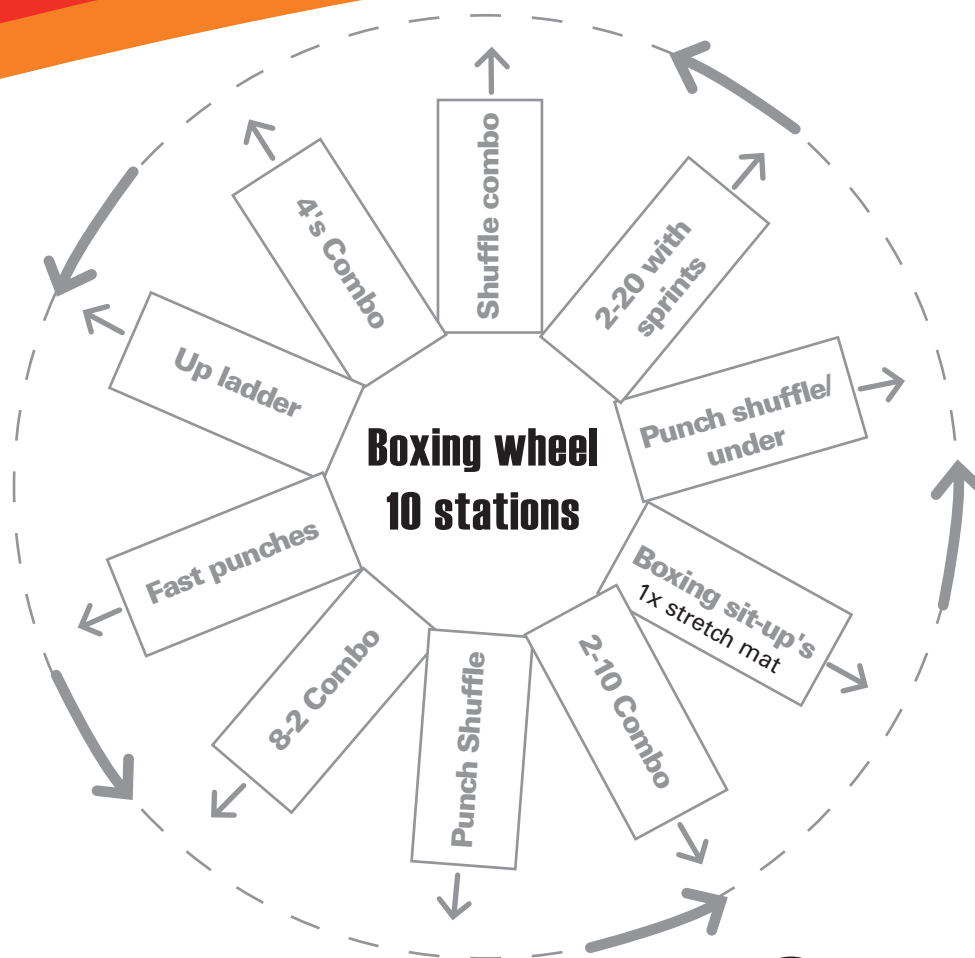


# Boxing circuits!



**Name of circuit:** Boxing Wheel circuit

**Number of stations:** 10

The number of stations can be more or less to suit the individual or group.

**Number of circuits:** 1-2

Allowing for 2 minute stations and 30 sec change over, (boxer removes gloves and does one full lap around the entire circuit whilst the partner puts on the gloves). Total of circuit time is 25 minutes. This is excluding warm-up and cool-down. The number of circuits can be adjusted according to time available and fitness levels of individual or group.

**Equipment required:** 10 x sets of gloves, 10 x focus mitts

**10 x cones, 1 x mat**

(this is allowing for two people per station).

**Warm-up:** 5-10 min duration

Ensure participants mobilise and stretch all major muscle groups that will be used in this circuit.

**Cool-down:** 5-10 min duration

Ensure participants adequately stretch all major muscle groups that have been used in this circuit.



## Think about

- Fitness and strength of individual or group.
- Sufficient space between circuit stations
- Partner up with similar strength/size and boxing experience



## Look out for

- Technique - Never sacrifice technique for speed



## Handy tips

- Start slowly and maintain good posture/form
- Be aware of past/current injuries or conditions that may affect the ability to perform an exercise.

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