



Jim at the Gym

Title Boxing Club

In-and-Out Workout / Punching Your Lights Out

By Jim Potoski

On the day after April Fool's, I was finishing up my 30-Minute In-and-Out Workout with a treadmill spritzer. From this corner vantage point, I espied the noon Power Hour class getting underway. By my count – a motley crew of 16 women and two men were geared up for combat mode. A nice-sized class providing sufficient elbow room between the heavy bags.

Trainer Chase began barking orders right off the bat – three laps, high knees, butt kickers, lunges, and squats. Cardio and core. Burn fat and lose inches. Swimsuit season cometh. High-energy tunes peppered the air. Eventually it came time to lace up the gloves. Find a bag, get in a proper boxing stance, and start wailing. There was definitely a pugilistic pulse to this punch-drunk madness.

The session started out with a series of warm-up strikes and short-burst combinations. Bags were popping. Angst and aggression were being meted out. The ladies were honed in and absolutely bringing the thunder! It was highly motivational to watch. Non-stop thumping periodically gave way to welcomed water breaks and sweat removal. My inner Manny Pacquiao was percolating – what kind of punches were being thrown and how were they different in their deliveries and impact?



STATION # 1

Warm up exercises.
Do for 3 minutes.

Choose one or more of the following:

- Jump rope
- Lunges in place
- Jumping jacks
- Squats with a jump
- Line drill

STATION # 2

More warm up exercises.
Do for 3 minutes.

Choose one or more of the following:

- Shadow box in the ring
- Step out on side of ring
- Burpees
- High knees
- Butt kickers

STATION # 3

Boxing
Do for 3 minutes.

Choose one or more of the following alternating lead hand.

- Jab, cross, jab
- Jab, cross, hook, uppercut
- Uppercut burnout on pear shaped bag
- Gorilla hooks
- Backhand, hook

STATION # 4

Kickboxing
Do for 3 minutes.

Choose one or more of the following (on horizontal bag):

- High knees
- Front kicks

STATION # 5

More Kickboxing
Do for 3 minutes.

Choose one or more of the following (on heavy bag):

- Low kicks (right and left)
- High kicks (right and left)
- Push kicks (right and left)
- Side kicks (right and left)
- Donkey kicks (high, middle, low (right and left)

Turns out there are four fundamental boxing punches – the jab, cross, hook, and uppercut. Let's pull no punches and briefly describe each:

- ☞ **Jab** – the most basic punch is a boxer's arsenal. It's a short, sharp punch with little windup. The jab is meant to keep an opponent at bay and set up the heavier punches. It's basically a straight punch with the lead hand from the guard position with the fist rotating to become horizontal upon impact.
- ☞ **Cross** – the cross can be used as a lead punch, a counterpunch, or within a combination. It is thrown with the dominant hand and more powerful than the jab. The cross is thrown by your rear hand, which moves across your body to make contact with the target. Commonly, the cross can follow a jab creating the classic "one-two" combination.
- ☞ **Hook** – a powerhouse hook originates at the hip. It can be one of the most powerful boxing punches when used properly. What makes the left hook so lethal is the fact that it approaches from the side. Most of the power comes from the torso and legs, rather than the arm.
- ☞ **Uppercut** – the uppercut is a vertical rising punch that travels from the outside of the body into the center in an upward motion. Many boxers telegraph their uppercut with an exaggerated scooping motion. Like the cross and hook, it needs to come from the body and be grounded by the legs. A right uppercut followed by a left hook is a deadly combination.



It should be noted that the proper boxing stance will give you solid power in each hand. Balance and range are paramount. A boxing stance begins with the boxer facing forward with his/her feet shoulder-width apart. Most right-handed boxers place their left foot in front of their right foot. Most southpaws are the opposite with their right foot in front of their left foot.

The feet should be parallel to each other and point at a 45-degree angle toward the target. A boxer in an optimized stance places one foot on each side of an imaginary line drawn from the center of his/her body to the target. Optimal punch power and mobility requires the boxer to lift his/her heels off the ground in order to be on the balls of the feet. This enables the boxer to throw punches quickly and with more power.

I left before the class ended. Driving home I was thinking the Power Hour might be the "Greatest Sweat on Earth!" Everyone should visit TBC and take a swing at it – the first time is free. And best of all – nobody punches back!

STATION # 6

Multi Bag Boxing
Do for 3 minutes.
On row of bags do the following:

- Jab, cross 20 times/bag
- Hooks 20 times/bag
- Uppercuts 20 times/bag
- Free style 20 times/row

STATION # 7

Weights
Do for 3 minutes.
Choose one or more of the following:

- Tricep extensions
- Curls
- Upright/bent rows
- Bench presses
- Chops with ball
- Heavy rope

STATION # 8

Weights
Do for 3 minutes.
Choose one or more of the following:

- Weighted squats
- Weighted lunges
- Hops (one and two foot)
- Jumping jacks
- Jump rope

STATION # 9

Ab Work
Do for 3 minutes.
Choose one or more of the following:

- Planks
- Crunches
- Sit-ups
- V-Sit (ball side to side)
- Leg lifts (flutter, scissors)
- Bicycles

STATION # 10

Stretching
Do for 3 minutes.
Choose one or more of the following:

- Toe touches
- Hurdle stretch
- Arm and shoulder stretch
- Butterfly
- Trunk rotations
- Yoga poses