**Boxer Prime**

**Day 1 | Speed**

- **Level I**: 3 sets
- **Level II**: 5 sets
- **Level III**: 7 sets

2 minutes rest between sets

**Extra Credit**: No rest

1 minute jump rope
- Alternatively hop on the spot

1 minute push-ups + jab + cross

1 minute jab + cross
- As fast as you can, keep arms up

1 minute push-ups
- Switch to knees push-ups if necessary

1 minute speed bag punches
- Go as fast as you can, keep arms up

© darebee.com
Day 2 | Endurance

Level I  3 sets
Level II  5 sets
Level III 7 sets

2 minutes rest between sets

extra credit  no rest

5 minutes shadowboxing

set a timer and shadowbox freestyle:
jab + cross, jab + jab + cross, jab + hook, jab + uppercut

40 squats
20 sec squat hold
40 basic burpees
Day 3 | Abs

- **Level I**: 3 sets
- **Level II**: 4 sets
- **Level III**: 5 sets

2 minutes rest between sets

**Extra credit**: no rest

---

- **20 sit-ups**
- **20 knee-ins + twist**
- **10 butt-ups**

- **20 sit-ups**
- **20 flutter kicks**
- **10 scissors**

- **20 sit-ups**
- **20 sitting twists**
- **10 leg raises**
BOXER PRIME

carebee.com

Day 4 | Power
no sets
complete all drills
30 seconds rest between drills
can be done on a punching bag

DRILL 1
4 push-ups
jab + cross + jab + cross
10 sets

DRILL 2
4 push-ups
jab + hook
10 sets

DRILL 3
10 push-ups
40 jabs (same arm)
3 sets

DRILL 4
10 push-ups
40 hooks (same arm)
3 sets

DRILL 5
10 push-ups
10 squat + hook (same arm)
3 sets

DRILL 6
30 push-ups
1min jab + cross
2 sets

switch arms and do the drill again

switch arms and do the drill again
Day 5 | Agility

no sets
complete one after the other

warmup
10 minutes jump rope or 20 minutes steady run
pick either

1 minute knee to elbow twists
from lunge stance
30 seconds per side, switch sides after 1 minute

1 minute forward & backward bends
lean back and then lean forward as far as you can

1 minute side-to-side tilts
lean from side to side, as if you were dodging punches in slow motion

1 minute knee bends
bouncing action but with feet firmly planted on the floor
BOXER PRIME

Day 6 | Speed

Level I  3 sets
Level II  5 sets
Level III 7 sets

2 minutes rest between sets

extra credit  no rest

* alternatively hop on the spot

30sec jump rope *
30sec push-ups
1min jab + cross

30sec jump rope *
30sec push-ups
1min hooks

30sec jump rope *
30sec push-ups
1min uppercuts
BOXER PRIME

c darebee.com

Day 7 | Endurance

Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets
extra credit no rest

1 minute
bouncing on the spot
20 sec both feet
20 sec from foot to foot, left leg forward
20 sec from foot to foot, right leg forward

2 minutes
bounce, bounce + squat + jab
keep arm guard at all times,
switch sides at 1 minute

2 minutes
shadowboxing
jab + jab,
jab + cross,
jab + cross + hook,
jab + jab + hook
Day 8 | Abs

Level I  3 sets
Level II  4 sets
Level III 5 sets

2 minutes rest between sets

30sec elbow plank

30sec raised leg elbow plank

10 back extensions

10 plank walk-outs

30sec elbow plank

30sec side elbow plank
20 power push-ups before each drill
extra credit: clapping push-ups

DRILL 1
2 minutes jab + cross

DRILL 2
2 minutes hooks

DRILL 3
2 minutes jab + hook

DRILL 4
2 minutes squat + hook

DRILL 5
2 minutes jab + jab + cross

DRILL 6
2 minutes squat + jab
Day 10 | Stretching

no sets
complete one after the other

---

warmup 5 minutes
bounce on the spot
throwing light jabs

---

40 sec quad stretch
20 sec hold each leg

40 sec shoulder stretch
move your arms as far away as possible & keep on moving until you reach your limit.

40 sec arm stretch
lean away continuously for 40 seconds

40 sec back stretch
lean back continuously for 40 seconds

40 sec hamstring stretch
lean forward continuously for 40 seconds

40 sec knee rolls
roll your knees side to side for 40 seconds
BOXER PRIME

Day 11  |  Speed

Level I  |  3 sets
Level II |  5 sets
Level III|  7 sets

2 minutes rest between sets

extra credit  no rest

* alternatively hop on the spot

30sec jump rope *
30sec push-up + jab + cross
1min jab + cross

30sec jump rope *
30sec push-up + hook
1min hooks

30sec jump rope *
30sec push-ups
2 min speed bag punches

speed bag can be used
Day 12 | Endurance

Level I  3 sets
Level II  5 sets
Level III  7 sets
2 minutes rest between sets

extra credit  no rest

1 minute high knees
1 minute elbow plank
1 minute squats

1 minute high knees
1 minute elbow plank
1 minute jab + cross
BOXER PRIME

c darebee.com

Day 13 | Agility
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

extra credit no rest

40 bob and weave
Tie a rope waist height - or imagine one; and duck under it side-to-side

40 hop to the side + jab
Hop to the side, jab and hop back. Go as fast as you can.

40 side high knees
Do high knees while moving to the side. Use the space available.

40 half jacks
Hop with feet together, hop with feet apart - non-stop

40 side-to-side hops
Hop from side to side moving slightly forward and then backwards.

40 leg switch & punch
Bounce on the spot and alternate forward foot while punching.
Boxer Prime

Day 14 | Abs

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets
2 minutes rest between sets

20 flutter kicks
10 V-ups
20 raised leg circles

20 long arm crunches
10 V-ups
20 knee-to-elbows

20 leg raises
10 V-ups
20-count hollow hold
Day 15 | Power

no sets
complete all drills
30 seconds rest
between drills
can be done on a punching bag

DRILL 1
4 judo push-ups
jab + jab + hook
10 sets

DRILL 2
4 push-ups
10 jabs (same arm)
5 sets

DRILL 3
10 push-ups
10 hooks
5 sets

DRILL 4
4 push-ups
2 jab + cross
10 sets

DRILL 5
30 push-ups
90sec shadowboxing freestyle
2 sets

switch arms and do the drill again

switch arms and do the drill again
Day 16  |  Balance
Level I  3 sets
Level II 4 sets
Level III 5 sets
2 minutes rest between sets

extra credit no rest

10 minutes
jump rope or hop on the spot
warmup

40 single leg half squats + 20sec hold
20 one foot first followed up by a 20 second hold

40 side leg swings
foot not touching the floor, keep your balance

40 alt arm leg plank + 40sec hold
hold the plank on one side for 20 seconds and then hold it on the other side for another 20 seconds

40 knee to elbows
foot not touching the floor, keep your balance
Day 17 | Speed

Level I  3 sets
Level II 5 sets
Level III 7 sets

2 minutes rest between sets

extra credit no rest

30 sec jump rope
30 sec push-ups
1 min speed bag punches

30 sec jabs (left arm)
30 sec jabs (right arm)
1 min jab + cross

30 sec hooks (left arm)
30 sec hooks (right arm)
1 min hooks
Day 18 | Endurance

no sets
can be done on a punching bag

10 squats
1 minute jab + cross
20 squats
2 minutes jab + cross
30 squats
3 minutes jab + cross
40 squats
4 minutes jab + cross

workout complete
Day 19 | Abs

Level I  3 sets
Level II  4 sets
Level III 5 sets
2 minutes rest between sets

30 sec elbow plank 30 up and down planks 30 sec elbow plank

30 sec back extension hold 30 up and down planks 1 min side elbow plank
Day 20 | Power

No sets
Complete all drills
60 seconds rest between drills
Can be done on a punching bag

30 push-ups before each drill
Split into smaller sets or switch to knee push-ups

Drill 1
2 minutes
Jab + cross

Drill 2
2 minutes
Jab + hook

Drill 3
2 minutes
Squat + hook

Drill 4
2 minutes
Jabs (1 min each arm)

Drill 5
2 minutes
Hooks (1 min each arm)

Drill 6
2 minutes
Squat + jab + cross
Day 21 | Agility

no sets

complete one after the other

Warmup

10 minutes jump rope or 20 minutes steady run
pick either

2 minutes knee to elbow twists
from lunge stance
1 minute per side, switch sides after 1 minute

2 minutes forward & backward bends
lean back and then lean forward as far as you can

2 minutes side-to-side tilts
lean from side to side, as if you were dodging punches in slow motion

2 minutes knee bends
bouncing action but with feet firmly planted on the floor
Day 22  |  Speed

Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets
extra credit  no rest

30sec push-ups  30sec push-up + jab + cross  1min jab + cross
30sec push-ups  30sec push-up + hook  1min hooks
30sec push-ups  30sec push-up + uppercut  1min uppercuts
Day 23 | Technique

Level I  3 sets
Level II  5 sets
Level III 7 sets
2 minutes rest between sets

Switch side each rep

40 combos: jab + cross + jab + uppercut + hook

40 combos: jab + jab + squat to the side + jab + cross + hook

40 combos: jab + lunge cross + hook + uppercut
BOXER PRIME

Day 24 | Power

no sets
complete all drills
30 seconds rest
between drills
can be done
on a punching bag

DRILL 1
5 push-ups
jab + cross
10 sets

DRILL 2
5 push-ups
hook + hook
10 sets

DRILL 3
10 push-ups
40 jabs (same arm)
3 sets

DRILL 4
10 push-ups
20 squat + hook
3 sets

DRILL 5
5 push-ups
20 jab + jab + hook
5 sets

DRILL 6
30 push-ups
2min jab + cross
2 sets

switch arms and do the drill again
switch sides and do the drill again
switch arms and do the drill again
Day 25 | Abs

Level I  3 sets
Level II  4 sets
Level III 5 sets
2 minutes rest between sets

30 sit-ups
30 leg raises
30 scissors
30 sit-ups
30 flutter kicks
30 sitting twists
30 sit-ups
30 V-ups
30 knee-to-elbows
Day 26  |  Endurance

- **Level I**: 3 sets
- **Level II**: 4 sets
- **Level III**: 5 sets

2 minutes rest between sets

**Extra Credit**: no rest

**Exercises**:
- **2 minute** high knees
- **2 minute** elbow plank
- **2 minute** squats (tip: bounce & squat)
- **2 minute** high knees
- **2 minute** elbow plank
- **2 minute** jab + cross
BOXER PRIME

Day 27 | Speed

Level I  3 sets
Level II  5 sets
Level III 7 sets

2 minutes rest between sets

extra credit no rest

* alternatively hop on the spot

30sec jump rope *
30sec push-up + jab + cross
30sec jab + cross

30sec jump rope *
30sec push-up + 4 jabs
30sec push-up + 4 jabs

30sec jump rope *
30sec push-ups
2 min speed bag punches

speed bag can be used
Day 28 | Stretching

no sets
complete one after the other

Warmup
5 minutes bounce on the spot throwing light jabs

1 min quad stretch
30 sec hold each leg

1 min shoulder stretch
move your arms as far away as possible & keep on moving until you reach your limit.

1 min arm stretch
lean away continuously for 1 minute

1 min back stretch
lean back continuously for 1 minute

1 min hamstring stretch
lean forward continuously for 1 minute

1 min knee rolls
roll your knees side to side for 1 minute
Day 29 | Power

no sets
complete all drills
60 seconds rest
between drills
can be done
on a punching bag

40 push-ups before each drill
split into smaller sets or switch to knee push-ups

DRILL 1
2 minutes
jabs (1 min each arm)

DRILL 2
2 minutes
jab + jab + cross

DRILL 3
2 minutes
double squat + jab + jab

DRILL 4
2 minutes
hooks (1 min each arm)

DRILL 5
2 minutes
jab + jab + hook

DRILL 6
2 minutes
squat + squat + hook + hook
Day 30 | Technique

Level I  3 sets
Level II  5 sets
Level III  7 sets

2 minutes rest between sets

EC switch side each rep

50 combos: jab + jab + cross + hook + uppercut

50 combos: jab + jab + cross + hook + hook

50 combos: jab + squat + cross + squat + hook + hook
visual workouts and fitness programs at

DAREBEE | darebee.com

This project is supported exclusively via donations and every dollar makes a difference.

Whatever you feel comfortable giving, it will be greatly appreciated and it will make a difference in this project’s future.

donate $1
and help to keep this project up

PayPal

+ other options