

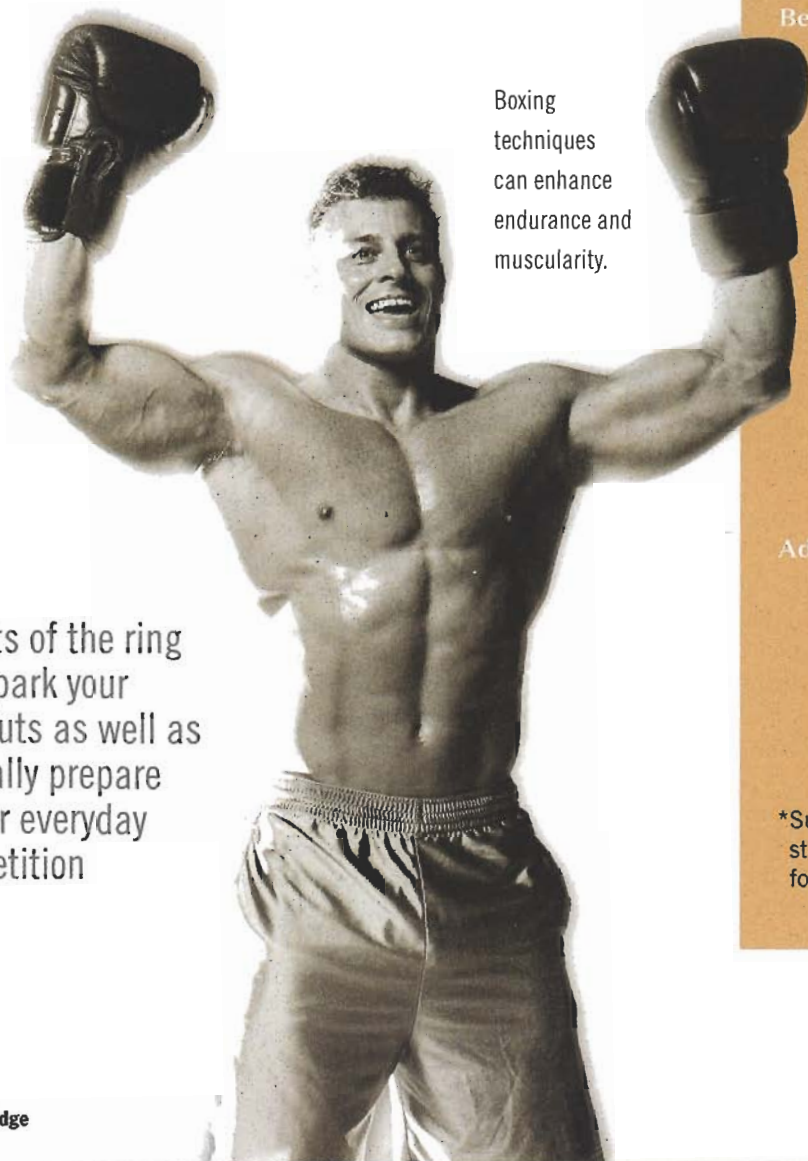
Knockout Training

By Joseph A. Arangio, M.S., C.S.C.S.

The best way to reproduce the demands of boxing is to use exercise techniques that mimic a title fight. This means performing three minutes of high-intensity activity, followed by a 60-second rest interval. A well-conditioned fighter can maintain an intense yet measured pace for as many as a dozen rounds in the ring.

Interval training is not for the meek—it is designed to induce fatigue. Start with the beginner rope jumping workout and slowly progress to the more advanced interval training sessions. Do a 5-minute warm-up and cool-down to reduce your chance of injury.

Interval training performed two to three times per week will improve your ability to sustain physically intense efforts.



Boxing techniques can enhance endurance and muscularity.

Secrets of the ring can spark your workouts as well as mentally prepare you for everyday competition

YOUR RING ROUTINE

Beginner

- 3 X 5-minute work intervals jumping rope at 70-75% max HR with 2-minute rest intervals at 50-60% max HR
- Cool down 5 minutes

Intermediate

- 5 X 2-minute work intervals jumping rope at 75-85% max HR with 3-minute rest intervals at 55-65% max HR
- Cool down 5 minutes

Advanced

- 5 X 2-minute work intervals jumping rope at 85-90% max HR with 2-minute rest intervals at 60-70% max HR
- Cool down 5 minutes

*Substitute treadmill running, stationary cycling and stair running for added variation