
BASICS HEAVYBAG WORKOUT 8X3MIN

by **Coach Dimitris Papazoglou**
BSc Sports Science

GENERAL

With this workout, slow things down a bit and concentrate on doing things right.

Rnd#1.footwork only:

Give the bag a push and move around it and move with it. Try dodging it. Use lots of sidestepping and pivots. Become fleet footed.



Rnd#2.jab-1-1B:

To your footwork, add your jab to the head and to the body. Attack the bag when it comes towards you. Accelerate out, snap, accelerate back.

Always keep your hands up, in your stance. The bag is an opponent.

Rnd#3.straight right-2-2B:

Practice the straight right with your footwork. Throw it to the head and body. Speed and power.

Rnd#4.left hook -3-3B:

Throw left hooks to head and body in addition to footwork. Remember, you are never standing still. Always keep a rhythm going. Get close to the bag, this is infighting. Don't be afraid to throw some defence. The bag is trying to hit you back.



Rnd#5.right hook -4-4B:



Throw right hooks, mirror image of left. Keep moving, you're getting tired now, don't stop. Stopping gives your opponent an easy target. Hands up, they're falling, gravity is trying to take you over, push past the pain.

Rnd#6.left uppercut -5:

Your right up to the bag. Left uppercut, left uppercut, left uppercut, try and lift the bag with power!! Aim at the sternum and follow through the head. The power is coming from your legs, push up.

Rnd#7.right uppercut -6:

Again, still at the bag, hit it with the right uppercut, move, hit it again, pivot, move, again. Almost done, your opponent is shaky, but manages to hang on to the bell.

Rnd#8. everything :

Unleash on the bag, you smell blood, you smell the knock out!!! Your opponent is stumbling all over the place. Finish him, hit him hard from all angles. Its almost over. Nail him!!! It's done....he goes down!!!



Tips:

- Warm up before starting this workout
- rest 60sec after each round.
- Follow up with the ab workout

Go home and relax good work!!!