

# 12 WEEK BOXING TRAINING PROGRAM PDF

Thank you for downloading our 12 Week Boxing Training Program PDF!

With this program, you're not just signing up for workouts, but embracing the life of a boxer. It's a challenging, rewarding, and thrilling journey that'll build your strength, speed, and endurance while honing your boxing skills. Our program includes detailed workout plans, that emulate the regimen of pro boxers. So, strap on your gloves, tie those laces tight, and step into the ring. Let's make every punch count! Here's to discovering the boxer in you!

Always consult a calisthenics professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike  
ThisIsWhyImFit.com

WEEK 1	
Day 1	
Split	TECHNIQUE DRILLS
Workout	<p>4 sets of:</p> <p>45 secs work / 15 secs rest</p> <p>Jab-Jab-Cross Jab-Cross-Hook Jab-Cross-Uppercut Jab-Hook-Cross Jab-Cross-Body Hook Jab-Jab-Cross-Uppercut Jab-Uppercut-Hook Jab-Uppercut-Cross</p> <p>Rest 1 min</p>
Day 2	
REST	
Day 3	
Split	STRENGTH & CONDITIONING
Workout	<p>4 x 10-12 Push-Ups 4 x 10-12 Dips 4 x 10-12 Shoulder Presses 4 x 10-12 Romanian Deadlifts 4 x 10-12 Calf Raises 4 x 10-12 Glute Bridges 4 x 10-12 Russian Twists 4 x 10-12 Resistance Band Bicep Curls</p> <p>Rest 2 mins in between sets</p>
Day 4	
REST	
Day 5	
Split	AGILITY DRILLS
Workout	<p>4 sets of:</p> <p>45 secs work / 15 secs rest</p> <p>Agility Ladder Drills Shuttle Runs Cone Agility Drills T-Drills Box Drill Zig-Zag Sprints Lateral Bounds 5-10-5 Pro Agility Drill</p> <p>Rest 1 min</p>
Day 6	
REST	
Day 7	
Split	TECHNIQUE DRILLS
Workout	<p>4 sets of:</p> <p>45 secs work / 15 secs rest</p> <p>Slip and Counter Bob and Weave Shoulder Roll Duck and Pivot Parry and Counter Slipping Combinations Angle Changing Counter Jab</p> <p>Rest 1 min</p>

WEEK 2	
Day 1	
Split	TECHNIQUE DRILLS
Workout	<p>4 sets of:</p> <p>45 secs work / 15 secs rest</p> <p>Jab-Cross-Hook Jab-Cross-Uppercut Jab-Hook-Cross Jab-Cross-Body Hook Double Jab-Cross-Hook Jab-Uppercut-Hook Jab-Uppercut-Cross Jab-Cross-Hook</p> <p>Rest 1 min</p>
Day 2	
REST	
Day 3	
Split	STRENGTH & CONDITIONING
Workout	<p>4 x 10-12 Push-Ups 4 x 10-12 Dips 4 x 10-12 Shoulder Presses 4 x 10-12 Romanian Deadlifts 4 x 10-12 Calf Raises 4 x 10-12 Glute Bridges 4 x 10-12 Russian Twists 4 x 10-12 Resistance Band Bicep Curls</p> <p>Rest 2 mins in between sets</p>
Day 4	
REST	
Day 5	
Split	AGILITY DRILLS
Workout	<p>4 sets of:</p> <p>45 secs work / 15 secs rest</p> <p>Agility Ladder Drills Shuttle Runs Cone Agility Drills T-Drills Box Drill Zig-Zag Sprints Lateral Bounds 5-10-5 Pro Agility Drill</p> <p>Rest 1 min</p>
Day 6	
REST	
Day 7	
Split	TECHNIQUE DRILLS
Workout	<p>4 sets of:</p> <p>45 secs work / 15 secs rest</p> <p>Slip and Counter Bob and Weave Shoulder Roll Duck and Pivot Parry and Counter Slipping Combinations Angle Changing Counter Jab</p> <p>Rest 1 min</p>

# 12 WEEK BOXING TRAINING PROGRAM PDF

## WEEK 3

### Day 1

#### Split

TECHNIQUE DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Jab-Cross-Hook-Cross  
 Jab-Jab-Cross-Uppercut  
 Jab-Cross-Hook-Uppercut  
 Jab-Uppercut-Cross  
 Jab-Cross-Uppercut-Hook  
 Jab-Hook-Cross-Uppercut  
 Jab-Uppercut-Hook-Cross  
 Double Jab-Cross-Hook  
**Rest 1 min**

### Day 2

### REST

### Day 3

#### Split

STRENGTH & CONDITIONING

4 x 10-12 Squat pulses  
 4 x 10-12 Kettlebell goblet squats  
 4 x 10-12 Lunge pulses  
 4 x 10-12 Crab walks  
 4 x 10-12 High knees  
 4 x 10-12 Plank jacks  
 4 x 10-12 Wall sits  
 4 x 10-12 Skater lunge

**Rest 2 mins in between sets**

### Day 4

### REST

### Day 5

#### Split

AGILITY DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Dot Drill  
 Hurdle Jumps  
 Agility Rings  
 Figure 8 Drill  
 Side Shuffle Drill  
 In-and-Out Agility Drill  
 Backpedal and Sprint Drill  
 Quick Feet Drill  
**Rest 1 min**

### Day 6

### REST

### Day 7

#### Split

TECHNIQUE DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Counter Jab  
 Bar hangs  
 Counter Uppercut  
 Catch and Shoot  
 Shoulder Roll and Counter Hook  
 Bob and Weave with Body Shot  
 Cover Up and Uppercut  
 Parry and Overhand Right  
**Rest 1 min**

## WEEK 4

### Day 1

#### Split

TECHNIQUE DRILLS

**4 sets of:**

60 secs work / 15 secs rest  
 Jab-Jab-Cross  
 Jab-Cross-Hook  
 Jab-Cross-Uppercut  
 Jab-Hook-Cross  
 Jab-Cross-Body Hook  
 Russian twists with medicine ball  
 Jab-Uppercut-Hook  
 Jab-Uppercut-Cross  
**Rest 1 min**

### Day 2

### REST

### Day 3

#### Split

STRENGTH & CONDITIONING

5 x 10-12 Leg Press  
 5 x 10-12 Tricep Dips  
 5 x 10-12 Lateral Lunges  
 5 x 10-12 Kettlebell single-leg deadlifts  
 5 x 10-12 Standing Woodchopper  
 5 x 10-12 Barbell Deadlifts  
 5 x 10-12 Resistance Band Pull-Aparts  
 5 x 10-12 Resistance Band Bicep Curls

**Rest 2 mins in between sets**

### Day 4

### REST

### Day 5

#### Split

AGILITY DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Cone Drill  
 Star Drill  
 Speed Dribble Drill  
 Agility Hurdle Drill  
 Agility Tires Drill  
 Mirror Drill  
 Agility Slalom  
 Agility Wall Runs  
**Rest 1 min**

### Day 6

### REST

### Day 7

#### Split

TECHNIQUE DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Slip and Counter  
 Bob and Weave  
 Shoulder Roll  
 Duck and Pivot  
 Parry and Counter  
 Slipping Combinations  
 Angle Changing  
 Counter Jab  
**Rest 1 min**

# 12 WEEK BOXING TRAINING PROGRAM PDF

## WEEK 5

### Day 1

#### Split TECHNIQUE DRILLS

**Workout**

**4 sets of:**

60 secs work / 15 secs rest  
 Jab-Cross-Hook-Cross  
 Jab-Jab-Cross-Uppercut  
 Jab-Cross-Hook-Uppercut  
 Jab-Uppercut-Cross  
 Jab-Cross-Uppercut-Hook  
 Jab-Hook-Cross-Uppercut  
 Jab-Uppercut-Hook-Cross  
 Double Jab-Cross-Hook  
**Rest 1 min**

### Day 2

### REST

### Day 3

#### Split STRENGTH & CONDITIONING

**Workout**

5 x 10-12 Calf Raises  
 5 x 10-12 Glute Bridges  
 5 x 10-12 Kettlebell Romanian deadlifts  
 5 x 10-12 Cable Pull-Throughs  
 5 x 10-12 Bench Press  
 5 x 10-12 Seated Rows  
 5 x 10-12 Bicep Curls  
 5 x 10-12 Kettlebell sumo squats  
**Rest 2 mins in between sets**

### Day 4

### REST

### Day 5

#### Split AGILITY DRILLS

**Workout**

**4 sets of:**

60 secs work / 15 secs rest  
 Agility Ladder Drills  
 Shuttle Runs  
 Cone Agility Drills  
 T-Drills  
 Box Drill  
 Zig-Zag Sprints  
 Lateral Bounds  
 5-10-5 Pro Agility Drill  
**Rest 1 min**

### Day 6

### REST

### Day 7

#### Split TECHNIQUE DRILLS

**Workout**

**4 sets of:**

60 secs work / 15 secs rest  
 Cover Up and Counter Uppercut  
 Parry and Counter Jab-Cross  
 Slip and Overhand Right  
 Duck and Body Hook  
 Shoulder Roll and Counter Uppercut-Hook  
 Slip and Straight Right  
 Cover Up and Counter Jab-Cross-Hook  
 Cover Up and Counter Combo  
**Rest 1 min**

## WEEK 6

### Day 1

#### TECHNIQUE DRILLS

**4 sets of:**

60 secs work / 15 secs rest  
 Double Jab-Cross-Hook-Cross  
 Double Jab-Jab-Cross  
 Jab-Cross-Hook to the Body  
 Jab-Jab-Cross to the Body  
 Jab-Uppercut-Cross to the Body  
 Jab-Cross-Uppercut to the Body  
 Jab-Cross-Slip-Cross  
 Jab-Slip-Uppercut-Cross  
**Rest 1 min**

### Day 2

### REST

### Day 3

#### STRENGTH & CONDITIONING

60 sec Plank  
 6 x 10-12 Bulgarian Split Squats  
 60 sec Medicine Ball Slams  
 6 x 10-12 Resistance Band Pull-Aparts  
 6 x 10-12 Stability Ball Hamstring Curls  
 6 x 10-12 Push-Ups  
 6 x 10-12 Shoulder Press  
 6 x 10-12 Romanian Deadlifts  
**Rest 2 mins in between sets**

### Day 4

### REST

### Day 5

#### AGILITY DRILLS

**4 sets of:**

60 secs work / 15 secs rest  
 Agility Ladder Drills  
 Shuttle Runs  
 Cone Agility Drills  
 T-Drills  
 Box Drill  
 Zig-Zag Sprints  
 Lateral Bounds  
 5-10-5 Pro Agility Drill  
**Rest 1 min**

### Day 6

### REST

### Day 7

#### TECHNIQUE DRILLS

**4 sets of:**

60 secs work / 15 secs rest  
 Slip and Counter  
 Bob and Weave  
 Cover Up and Counter Jab-Cross-Hook  
 Duck and Body Hook  
 Parry and Counter  
 Slipping Combinations  
 Angle Changing  
 Shoulder Roll and Counter Uppercut  
**Rest 1 min**

# 12 WEEK BOXING TRAINING PROGRAM PDF

## WEEK 7

### Day 1

#### Split

TECHNIQUE DRILLS

#### 4 sets of:

60 secs work / 15 secs rest  
 Jab-Cross-Hook-Slip-Uppercut-Cross  
 Jab-Cross-Hook  
 Jab-Cross-Hook-Roll-Hook  
 Jab-Hook-Cross  
 Jab-Slip-Cross-Hook-Cross  
 Jab-Cross-Slip-Uppercut-Cross  
 Jab-Uppercut-Hook  
 Jab-Uppercut-Cross  
**Rest 1 min**

### Day 2

### REST

### Day 3

#### Split

STRENGTH & CONDITIONING

5 x 10-12 Push-Ups  
 5 x 10-12 Dips  
 5 x 10-12 Shoulder Presses  
 5 x 10-12 Romanian Deadlifts  
 5 x 10-12 Calf Raises  
 5 x 10-12 Glute Bridges  
 5 x 10-12 Russian Twists  
 5 x 10-12 Resistance Band Bicep Curls

**Rest 2 mins in between sets**

### Day 4

### REST

### Day 5

#### Split

AGILITY DRILLS

#### 4 sets of:

60 secs work / 15 secs rest  
 Agility Ladder Drills  
 Shuttle Runs  
 Cone Agility Drills  
 T-Drills  
 Box Drill  
 Zig-Zag Sprints  
 Lateral Bounds  
 5-10-5 Pro Agility Drill  
**Rest 1 min**

### Day 6

### REST

### Day 7

#### Split

TECHNIQUE DRILLS

#### 4 sets of:

60 secs work / 15 secs rest  
 Slip and Counter  
 Bob and Weave  
 Shoulder Roll  
 Duck and Pivot  
 Parry and Counter  
 Slipping Combinations  
 Angle Changing  
 Counter Jab  
**Rest 1 min**

## WEEK 8

### Day 1

#### Split

TECHNIQUE DRILLS

#### 4 sets of:

60 secs work / 15 secs rest  
 Jab-Cross-Hook  
 Jab-Cross-Uppercut  
 Jab-Hook-Cross  
 Jab-Cross-Body Hook  
 Double Jab-Cross-Hook  
 Jab-Uppercut-Hook  
 Jab-Uppercut-Cross  
 Jab-Cross-Hook  
**Rest 1 min**

### Day 2

### REST

### Day 3

#### Split

STRENGTH & CONDITIONING

5 x 10-12 Squat pulses  
 5 x 10-12 Kettlebell goblet squats  
 5 x 10-12 Lunge pulses  
 5 x 10-12 Dumbbell Shoulder Press  
 5 x 10-12 Bicycle Crunches  
 5 x 10-12 Plyometric Push-Ups  
 5 x 10-12 Dumbbell Rows  
 5 x 10-12 Skater lunge

**Rest 2 mins in between sets**

### Day 4

### REST

### Day 5

#### Split

AGILITY DRILLS

#### 4 sets of:

60 secs work / 15 secs rest  
 Dot Drill  
 Hurdle Jumps  
 Agility Rings  
 Figure 8 Drill  
 Side Shuffle Drill  
 In-and-Out Agility Drill  
 Backpedal and Sprint Drill  
 Quick Feet Drill  
**Rest 1 min**

### Day 6

### REST

### Day 7

#### Split

TECHNIQUE DRILLS

#### 4 sets of:

60 secs work / 15 secs rest  
 Cover Up and Counter Jab-Cross-Hook  
 Bob and Weave  
 Slip and Straight Right  
 Duck and Body Hook  
 Parry and Counter  
 Slipping Combinations  
 Angle Changing  
 Counter Jab  
**Rest 1 min**

# 12 WEEK BOXING TRAINING PROGRAM PDF

## WEEK 9 (Deloading)

### Day 1

**Split** TECHNIQUE DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Double Jab-Cross-Hook-Cross  
 Double Jab-Jab-Cross  
 Double Jab-Cross-Uppercut  
 Jab-Uppercut-Cross  
 Jab-Cross-Uppercut-Hook  
 Jab-Hook-Cross-Uppercut  
 Jab-Uppercut-Hook-Cross  
 Double Jab-Cross-Hook  
**Rest 1 min**

### Day 2

**REST**

### Day 3

**Split** STRENGTH & CONDITIONING

3 x 10-12 Squat pulses  
 3 x 10-12 Kettlebell goblet squats  
 3 x 10-12 Lunge pulses  
 3 x 10-12 Dumbbell Shoulder Press  
 3 x 10-12 Bicycle Crunches  
 3 x 10-12 Plyometric Push-Ups  
 3 x 10-12 Dumbbell Rows  
 3 x 10-12 Skater lunge

**Rest 2 mins in between sets**

### Day 4

**REST**

### Day 5

**Split** AGILITY DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Dot Drill  
 Hurdle Jumps  
 Agility Rings  
 Figure 8 Drill  
 Side Shuffle Drill  
 In-and-Out Agility Drill  
 Backpedal and Sprint Drill  
 Quick Feet Drill  
**Rest 1 min**

### Day 6

**REST**

### Day 7

**Split** TECHNIQUE DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Counter Jab  
 Bar hangs  
 Counter Uppercut  
 Catch and Shoot  
 Shoulder Roll and Counter Hook  
 Bob and Weave with Body Shot  
 Cover Up and Uppercut  
 Parry and Overhand Right  
**Rest 1 min**

## WEEK 10 (Deloading)

### Day 1

**Split** TECHNIQUE DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Jab-Jab-Cross  
 Jab-Cross-Hook  
 Jab-Cross-Uppercut  
 Jab-Hook-Cross  
 Jab-Cross-Body Hook  
 Russian twists with medicine ball  
 Jab-Uppercut-Hook  
 Jab-Uppercut-Cross  
**Rest 1 min**

### Day 2

**REST**

### Day 3

**Split** STRENGTH & CONDITIONING

3 x 10-12 Leg Press  
 3 x 10-12 Tricep Dips  
 3 x 10-12 Lateral Lunges  
 3 x 10-12 Kettlebell single-leg deadlifts  
 3 x 10-12 Standing Woodchopper  
 3 x 10-12 Barbell Deadlifts  
 3 x 10-12 Resistance Band Pull-Aparts  
 3 x 10-12 Resistance Band Bicep Curls

**Rest 2 mins in between sets**

### Day 4

**REST**

### Day 5

**Split** AGILITY DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Cone Drill  
 Star Drill  
 Speed Dribble Drill  
 Agility Hurdle Drill  
 Agility Tires Drill  
 Mirror Drill  
 Agility Slalom  
 Agility Wall Runs  
**Rest 1 min**

### Day 6

**REST**

### Day 7

**Split** TECHNIQUE DRILLS

**4 sets of:**

45 secs work / 15 secs rest  
 Slip and Counter  
 Bob and Weave  
 Shoulder Roll  
 Duck and Pivot  
 Parry and Counter  
 Slipping Combinations  
 Angle Changing  
 Counter Jab  
**Rest 1 min**

# 12 WEEK BOXING TRAINING PROGRAM PDF

WEEK 11	
Day 1	
Split	TECHNIQUE DRILLS
Workout	<p><b>4 sets of:</b></p> <p>60 secs work / 15 secs rest                      Jab-Cross-Hook-Cross                      Jab-Jab-Cross-Uppercut                      Jab-Cross-Hook-Uppercut                      Jab-Uppercut-Cross                      Jab-Cross-Uppercut-Hook                      Jab-Hook-Cross-Uppercut                      Jab-Uppercut-Hook-Cross                      Double Jab-Cross-Hook                      Rest 1 min</p>
Day 2	
REST	
Day 3	
Split	STRENGTH & CONDITIONING
Workout	<p>5 x 10-12 Calf Raises                      5 x 10-12 Glute Bridges                      5 x 10-12 Kettlebell Romanian deadlifts                      5 x 10-12 Cable Pull-Throughs                      5 x 10-12 Bench Press                      5 x 10-12 Seated Rows                      5 x 10-12 Bicep Curls                      5 x 10-12 Kettlebell sumo squats</p> <p>Rest 2 mins in between sets</p>
Day 4	
REST	
Day 5	
Split	AGILITY DRILLS
Workout	<p><b>4 sets of:</b></p> <p>60 secs work / 15 secs rest                      Agility Ladder Drills                      Shuttle Runs                      Cone Agility Drills                      T-Drills                      Box Drill                      Zig-Zag Sprints                      Lateral Bounds                      5-10-5 Pro Agility Drill                      Rest 1 min</p>
Day 6	
REST	
Day 7	
Split	TECHNIQUE DRILLS
Workout	<p><b>4 sets of:</b></p> <p>60 secs work / 15 secs rest                      Cover Up and Counter Uppercut                      Parry and Counter Jab-Cross                      Slip and Overhand Right                      Duck and Body Hook                      Shoulder Roll and Counter Uppercut-Hook                      Slip and Straight Right                      Cover Up and Counter Jab-Cross-Hook                      Cover Up and Counter Combo                      Rest 1 min</p>

WEEK 12	
Day 1	
TECHNIQUE DRILLS	
<p><b>4 sets of:</b></p> <p>60 secs work / 15 secs rest                      Double Jab-Cross-Hook-Cross                      Double Jab-Jab-Cross                      Jab-Cross-Hook to the Body                      Jab-Jab-Cross to the Body                      Jab-Uppercut-Cross to the Body                      Jab-Cross-Uppercut to the Body                      Jab-Cross-Slip-Cross                      Jab-Slip-Uppercut-Cross                      Rest 1 min</p>	
Day 2	
REST	
Day 3	
STRENGTH & CONDITIONING	
<p>60 sec Plank                      6 x 10-12 Bulgarian Split Squats                      60 sec Medicine Ball Slams                      6 x 10-12 Resistance Band Pull-Aparts                      6 x 10-12 Stability Ball Hamstring Curls                      6 x 10-12 Push-Ups                      6 x 10-12 Shoulder Press                      6 x 10-12 Romanian Deadlifts</p> <p>Rest 2 mins in between sets</p>	
Day 4	
REST	
Day 5	
AGILITY DRILLS	
<p><b>4 sets of:</b></p> <p>60 secs work / 15 secs rest                      Agility Ladder Drills                      Shuttle Runs                      Cone Agility Drills                      T-Drills                      Box Drill                      Zig-Zag Sprints                      Lateral Bounds                      5-10-5 Pro Agility Drill                      Rest 1 min</p>	
Day 6	
REST	
Day 7	
TECHNIQUE DRILLS	
<p><b>4 sets of:</b></p> <p>60 secs work / 15 secs rest                      Slip and Counter                      Bob and Weave                      Cover Up and Counter Jab-Cross-Hook                      Duck and Body Hook                      Parry and Counter                      Slipping Combinations                      Angle Changing                      Shoulder Roll and Counter Uppercut                      Rest 1 min</p>	