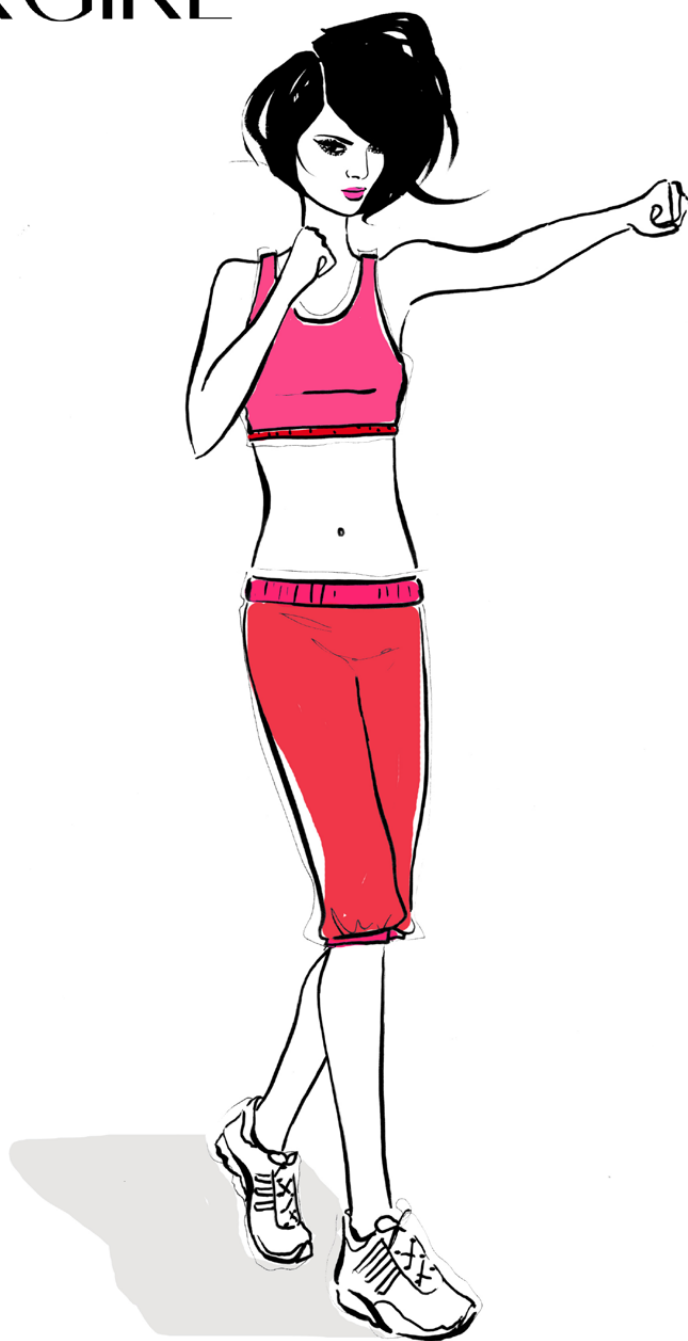


BOXING WORKOUT

JAB

Stand with your feet hip-distance apart, right foot in front, knees slightly bent. Bring your fists up, right fist slightly in front of the left, palms facing each other and elbows close to your body. This is your fighting stance. Punch the right fist straight in front of you at shoulder level, rotating your torso and fully extending your arm. Do not lock your elbow. Quickly return to fighting stance.

Perform 12 jabs with the right foot forward then switch to the left foot for 12 jabs.

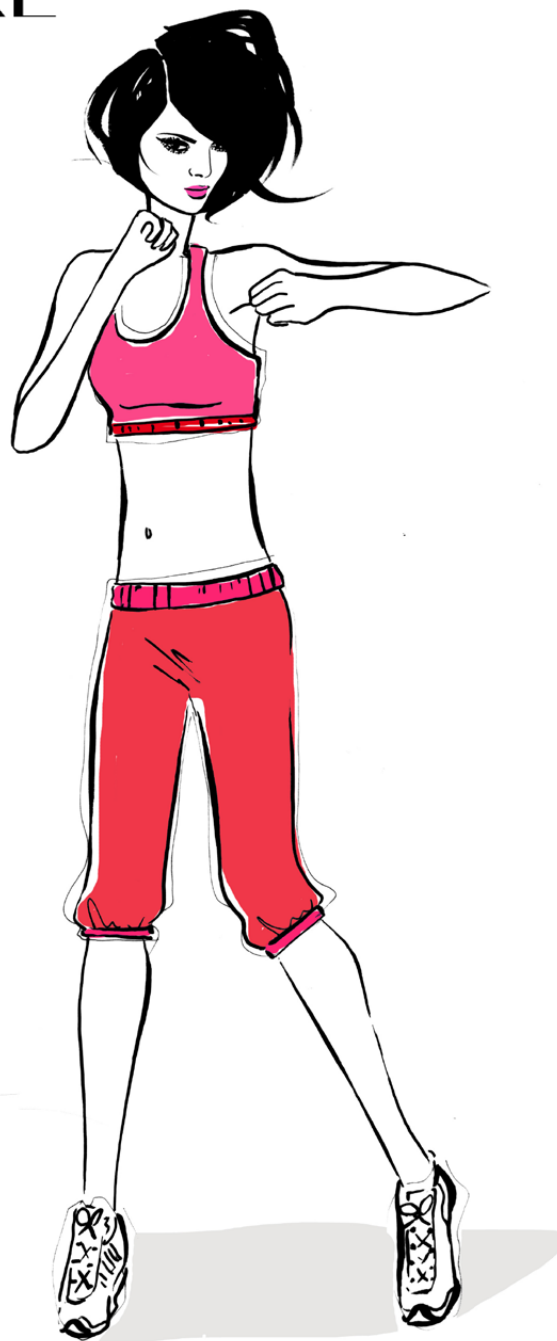


BOXING WORKOUT

CROSS

Start in fighting stance with right foot in front. Punch the left fist across your body at shoulder level, rotating your torso and fully extending your arm. Do not lock your elbow. Quickly return to fighting stance.

Perform 12 cross punches with the right foot forward then switch to the left foot for 12 cross punches. For the second set, throw a jab followed by a cross. Repeat 6 times on the right and left sides.



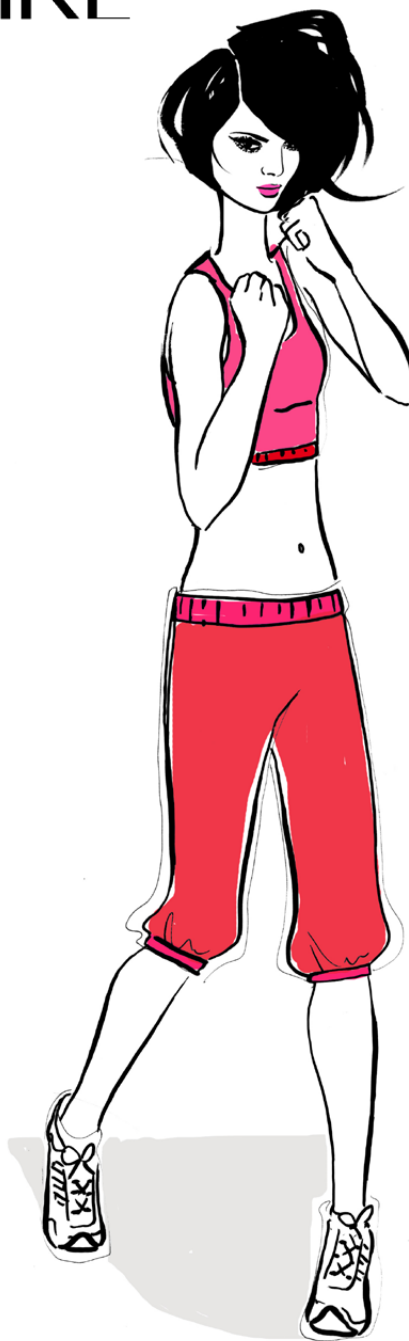
BOXING WORKOUT

HOOK

Start in fighting stance, with your right leg and arm in front. Pivot on the ball of your right foot as you punch sideways, from right to left, with your right hand.

Perform 12 hooks with the right foot forward then switch to the left foot for 12 hooks.

COVERGIRL®

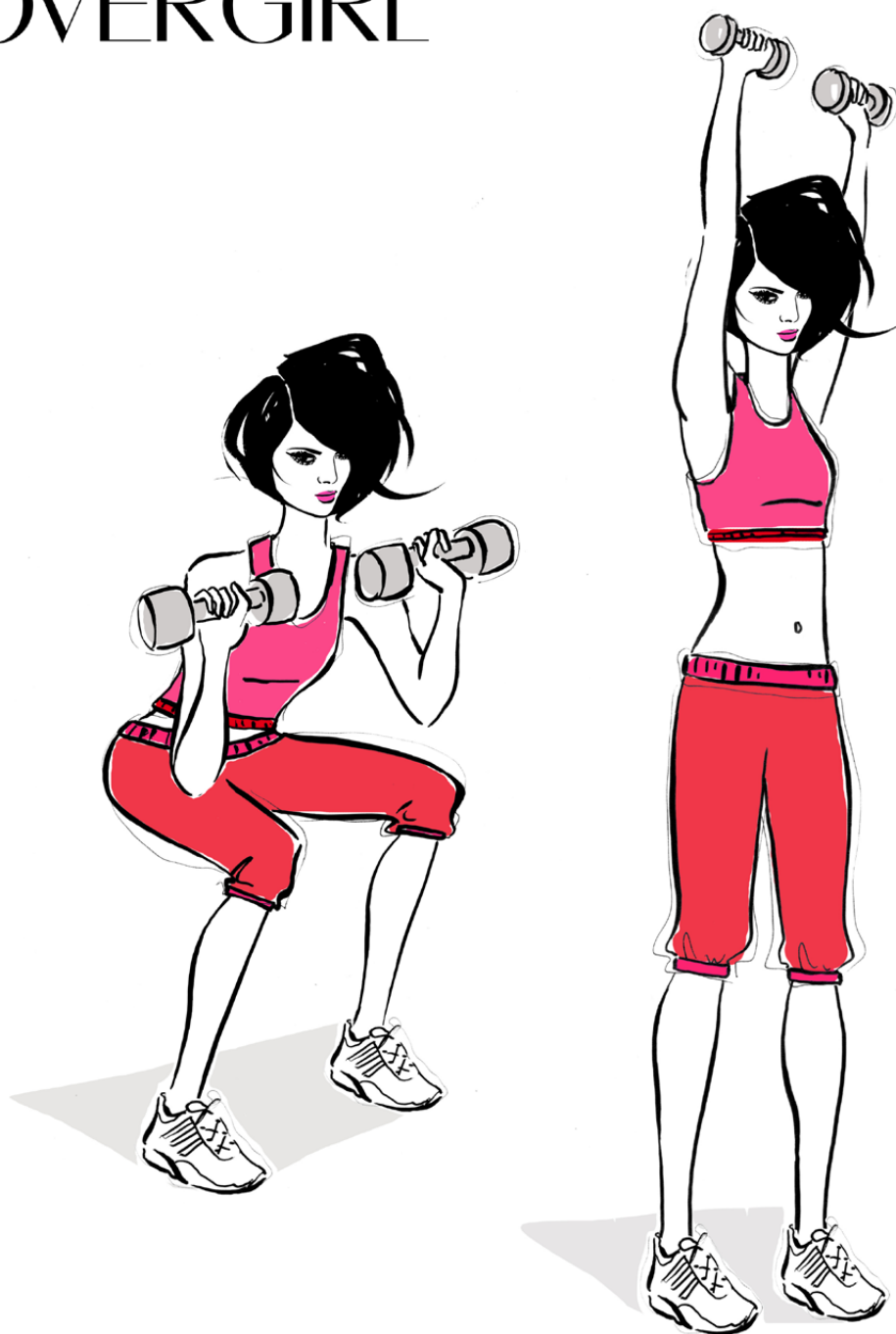


BOXING WORKOUT

UPPERCUT

Start in fighting stance with your right leg and arm in front. Drop your left arm slightly, keeping it close to the body. Thrust your left fist up and slightly forward with the knuckles facing the ceiling.

Perform 12 uppercuts with the right foot forward, then switch to the left foot for 12 uppercuts. For the second set, throw a hook, followed by an uppercut. Repeat 6 times on the right and left sides.

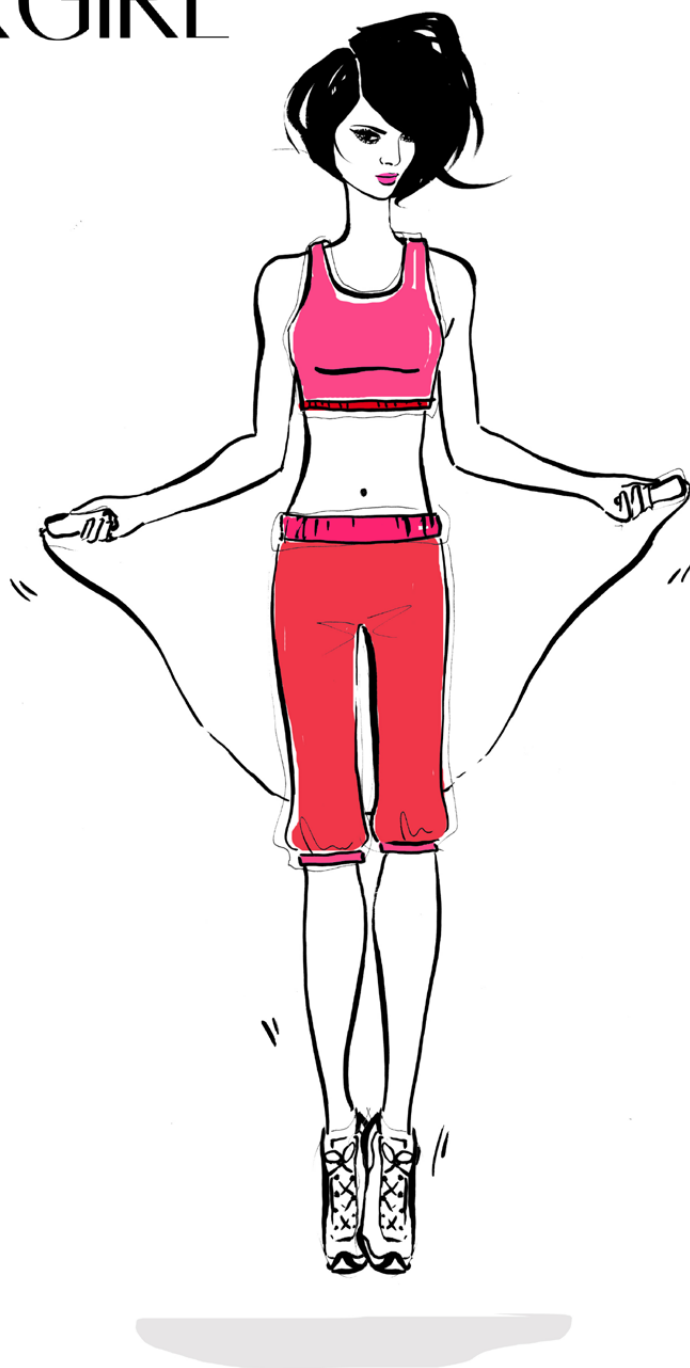


BOXING WORKOUT

SQUAT TO PRESS

Holding 5-pound dumbbells, stand with your feet hip-distance apart, knees and ankles in line with the hips. Hold the weights at your shoulders, lifting your chest and pulling your shoulders back. Bend at the hips and squat as if sitting in an imaginary chair. As you stand up, press the weights straight overhead.

Do 2 sets of 12 repetitions.



BOXING WORKOUT

JUMP ROPE

You can do this exercise with an actual jump rope or without one. Jump 1 to 2 inches off the floor so the rope barely passes beneath the feet. When landing, only the balls of the feet should touch the floor. Keep the elbows close to the sides as you turn the rope. The movement comes from the wrists and forearms, not the shoulders. Mix it up by jumping on one foot, alternating from left to right.

Do 2 sets of 50 jumps.
