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MIKE
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PERSONAL TRAINING

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INCH

BOXING WORKOUTS

/// TRAIN LIKE A FIGHTER

A downloadable beginner-to-intermediate
guide by **Mike McWilliams**



BOXING WITH MIKE • MCPTBOXING.COM



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WELCOME TO BOXING WORKOUTS

This guide is built to help you move better, punch sharper, and train like a fighter. Start where you are, focus on clean technique, and build your conditioning one round at a time.



WHAT YOU'LL NEED

- Timer or phone
- Water
- Open space
- Hand wraps or gloves optional
- A positive attitude



TRAINING RULES

- Keep your hands up
- Exhale on every punch
- Rest when needed
- Focus on form before speed



WARM-UP + BOXING BASICS

A strong warm-up builds performance. Solid basics build confidence. Start every round the right way.



5-MINUTE WARM-UP

- 1 minute brisk march or jog
- 1 minute arm circles + shoulder rolls
- 1 minute torso twists
- 1 minute hip openers
- 1 minute light shadowboxing



STANCE CUES

- Feet shoulder-width apart
- Chin tucked
- Hands up
- Knees soft
- Stay light on your feet



STARTER COMBOS

- 1-2 = Jab, Cross
- 1-1-2 = Double Jab, Cross
- 1-2-3 = Jab, Cross, Hook
- 1-2-Roll-2



WORKOUT 1

BEGINNER BOXING BURNER



FORMAT: 5 ROUNDS • 2 MINUTES EACH • 45 SECONDS REST

1

ROUND 1: Jab-Cross nonstop

2

ROUND 2: Jab-Cross-Hook

3

ROUND 3: Slip + Jab-Cross

4

ROUND 4: Fast feet + 1-2

5

ROUND 5: Freestyle shadowboxing



FINISHER

- 30 sec bodyweight squats
- 30 sec mountain climbers
- 30 sec plank
- Repeat **3** times



**MOVE WITH CONTROL.
QUALITY BEATS CHAOS.**



WORKOUT 2

BOX FROM HOME CONDITIONING

Format: EMOM 20 minutes

- » **MINUTE 1:**
40 sec shadowboxing
- » **MINUTE 2:**
12 push-ups + air punches
- » **MINUTE 3:**
20 bodyweight squats
- » **MINUTE 4:**
30 sec high knees + 30 sec rest

Repeat for 5 total rounds.

+ CORE FINISHER

- 20 bicycle crunches
- 12 dead bugs each side
- 30 sec hollow hold
- Repeat 2 times

“Stay sharp, stay loose,
and keep breathing.”



WORKOUT 3

POWER + CORE FIGHTER FINISHER



FORMAT: 6 ROUNDS • 3 MINUTES EACH • 1 MINUTE REST

- **ROUND 1:** Power jabs + crosses
- **ROUND 2:** Hooks + uppercuts
- **ROUND 3:** Slips, rolls, and counters
- **ROUND 4:** Punch-sprawl combo
- **ROUND 5:** Nonstop 1-2-3-2
- **ROUND 6:** Knockout round — max output

/// CORE

- 20 Russian twists
- 15 leg raises
- 20 plank shoulder taps
- Repeat 2 times



COACHING NOTE:

Power starts from the ground up.



YOUR 7-DAY PLAN

DAY 1	Workout 1
DAY 2	Mobility + Walk
DAY 3	Workout 2
DAY 4	Light Recovery
DAY 5	Workout 3
DAY 6	Shadowboxing + Stretch
DAY 7	Full Rest

FINAL NOTES

- » Consistency beats perfection
- » Technique first, intensity second
- » Track your rounds and recovery
- » Hydrate and recover



WANT PERSONAL COACHING?

Train with Mike one-on-one at
mcptboxing.com



Always consult a qualified professional before
starting a new training program.

