

Warm up/Work out Routine

Introduction: The following are examples of typical warm up and work out routines that we utilize during club. Depending on the focus of the training session, we may lengthen or shorten each routine, or trade conditioning drills for technique building drills, etc. The short and long forms are good examples of an average night. All WUWO routines are ended with at least two sets of pad work.

Short Form

Jumping jacks (80-100)
Shadowboxing (2 rounds for 2 minutes)
Joint Rotations
Dynamic stretches

Long Form (Variation 1)

Jumping Jacks (80-100)
Shadowboxing (2 rounds for 2 minutes)
Structured Shadowboxing (x15)

1. Jab-Cross
2. Hooks-Uppercuts
3. Elbows
4. Shield Blocks

Joint rotations
Dynamic stretching
Push up pyramid
S.C.A.R.S. stance drill
Static stretching

Long Form (Variation 2)

Jumping Jacks (80-100)
Shadowboxing Circuit:

1. Shadowboxing (Footwork only)
2. Jab-Cross (Both leads)
3. Shadowboxing (Hands only)
4. Hooks (high and low, both leads)
5. Shadowboxing (Legs only)
6. Uppercuts (both leads)
7. Shadowboxing (Hands and feet)
8. Shield blocks (both leads)
9. Shadowboxing (footwork, defenses, evasions)

Pad Work

Each Warm up is always finished with at least two or three sets of core pad work. Examples include but are not limited to:

1. Line Drills
2. Guru Brown Boxing 4 Count
3. Master Chai 4 count
4. Club 7 count
5. Any misc. technique conditioning drill