



VISIONAER BOXING WORKOUT GUIDE

REPETITION RANGE

Basic exercises

1. Cycle (1-6 weeks): 8-12 reps >75% of your max. weight
2. Cycle (6-12 weeks): 3-6 reps 90% of your max. weight
3. Start over with the 1. cycle and so on

Performance exercises

- ➔ No matter which cycle: Reps till your muscles fail.
- ➔ Take some extra weight if it gets too easy.
- ➔ Concentrate on doing the exercises controlled and explosive.

□□□□□□□□□□□□□□□□ **Consistent progression is the key** □□□□□□□□□□□□□□□□□□

Train different muscle groups on different training days to improve your strength consistent.
You could train legs and shoulders on one day and chest, biceps & core on another and back, triceps and neck on the next one.

□□□□□□□□□□□□□□ **Adjust the intensity of the exercises to your current level** □□□□□□□□□□

Trainings intensity

- Guideline:
- beginner: 4-6 sets of basic exercises for each muscle per week
 - advanced: 6-10 sets of basic exercises for each muscle per week
 - pro: 8-12 sets of basic exercises for each muscle per week

□□□□□□□□ **Enough regeneration is necessary to perform effective in martial arts** □□□□□□□□□□

FORCE INTERVAL

LEGS / SHOULDERS

WARM UP:

5min Skipping Rope

Squads warm up set

1 SET / 6 REPS -20% from max. weight

1 SET / 4 REPS -40% from max. weight

1 SET / 2 REPS -60% from max. weight

Military Press warm up set

1 SET / 6 REPS-20% from max. weight

1SET / 4 REPS-40% from max. weight

1SET / 2 REPS-60% from max. weight

BASIC EXERCISE:

Squads 3 SETS

Military Press 2 SETS

Romaninan Dead Lift 3 SETS

Shoulder Fly 1SET

Lunges 2 SETS

Reverse Fly's 1SET

PERFORMANCE EXERCISE

Dumbbell Boxing Punches 30 SEC PER POSITION

Russian Twist MAX. REPS

Punch Simulation with Return 30 SEC PER POSITION

Core Rotation MAX. REPS

Jump Squads 30 SEC

Over one Shoulder Throw 30 SEC PER POSITION

COOL DOWN

Shadowboxing 2min

Stretching 5min

Conscious breathing

FORCE INTERVAL

CHEST / BACK

WARM UP:

5min Skipping Rope

10 Burpees

1min Shadowboxing

Barbell Bench Press

1 SET / 6 REPS -20% from max. weight

1 SET / 4 REPS -40% from max. weight

1 SET / 2 REPS -60% from max. weight

Pull ups with resistance band

3 SET / 6 REPS

BASIC EXERCISE

Barbell Bench Press

3 SETS

Jack Knife Side Up

MAX. REPS

Pull Ups or Lat Pull down

3 SETS

Incline Barbell Bench Press

3 SETS

One Arm Rowing

3 SETS

Planks

60 SEC

PERFORMANCE EXERCISE

Same side Rotational Throws

30SEC PER POSITION

Push Up with Row

MAX. REPS

Shadowbox with Resistance Band

1MIN

Rhoimboid Push Up

25REPS

Punch Simulation with return

30SEC PER POSITION

Core Rotation

30SEC

COOL DOWN

Shadowboxing

2min

Stretching

5min

Conscious breathing

WORKOUT PLAN EXAMPLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Martial arts technique training	Force interval workout (legs / shoulders)	Regeneration*	Martial arts endurance training & low sparring	Regeneration* Martial arts Technique training	Force interval (chest/back)	Regeneration* Interval running

*You can swim, go for a walk, do yoga, or meditate.

- For beginners
- Advanced