

Cardio Boxing Workout

Complete 3-5 rounds. 40 secs work, 10 rest.

1. 2 jabs, 2 upper cuts, 2 touchdowns
2. 6 jabs, 2 star jumps
3. Lunges 4 jabs
4. 4 upper cuts, 4 skater punch
5. 10 upper cuts, 1 burpee, 2 skater punch



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