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# **PHYSICAL TRAINING EXERCISES EXAMPLES**

APPENDIX A

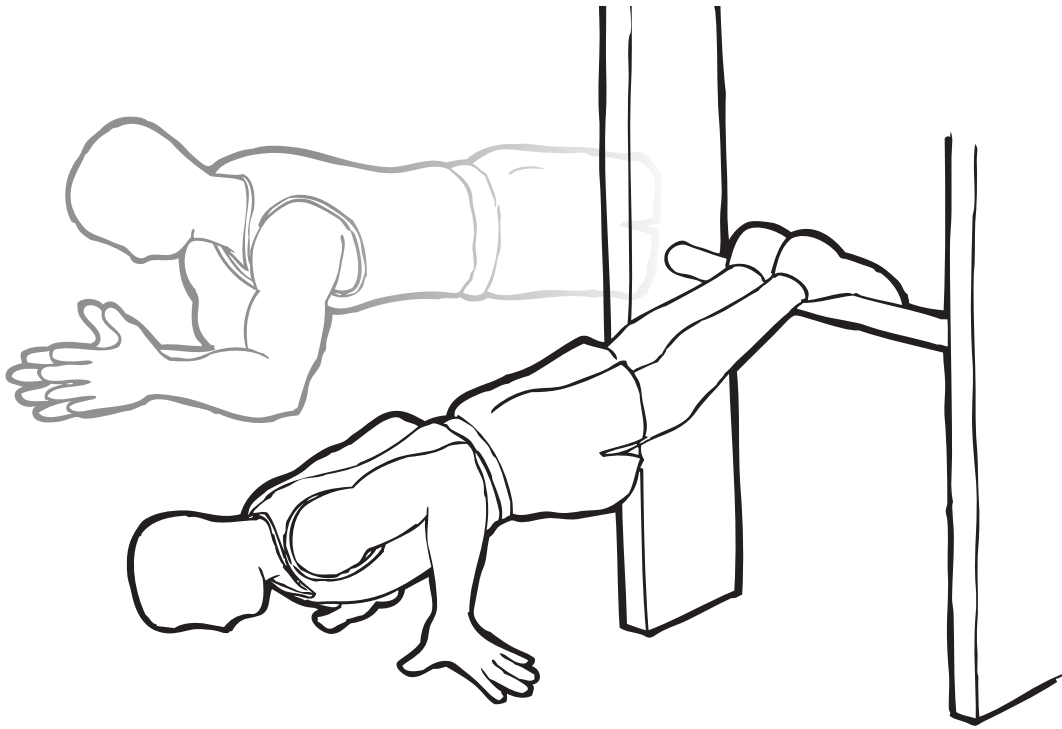




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## STRENGTH TRAINING

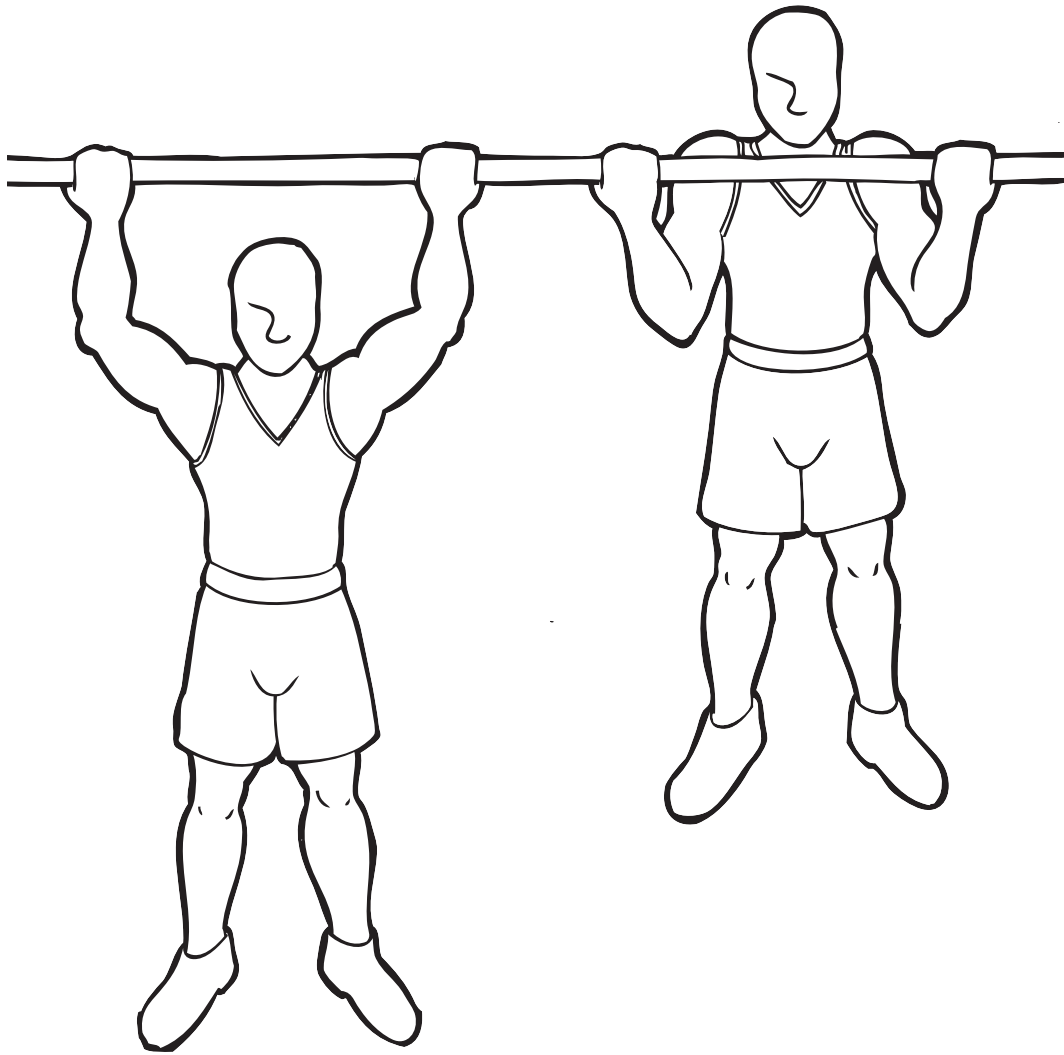
### Advanced Clap Push-up



- Use gym ladder and hook feet on about sixth rung
  1. In push-up position
  2. Bend arms to go down
  3. Push-up the body with force
  4. Clap hands
  5. Return to push-up position
- If this exercise is too difficult, hook feet on lower rung or on the floor

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## Chin-up

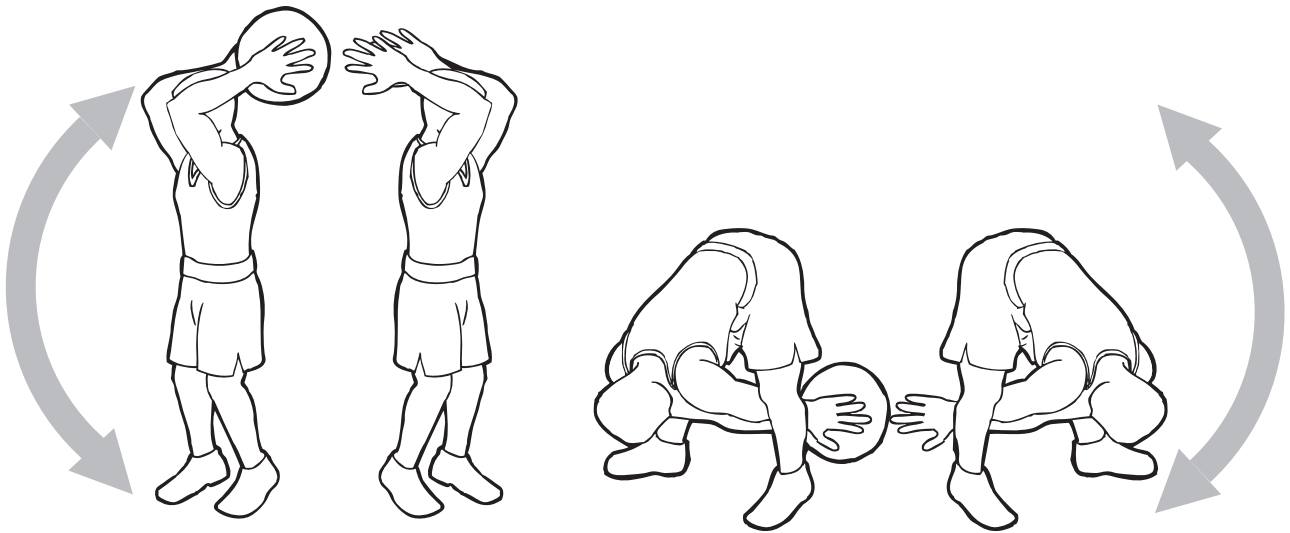


1. Grab bars with shoulder width
2. Left feet off from the ground
3. Pull body up until chin is above the bar
4. Slowly return to starting position



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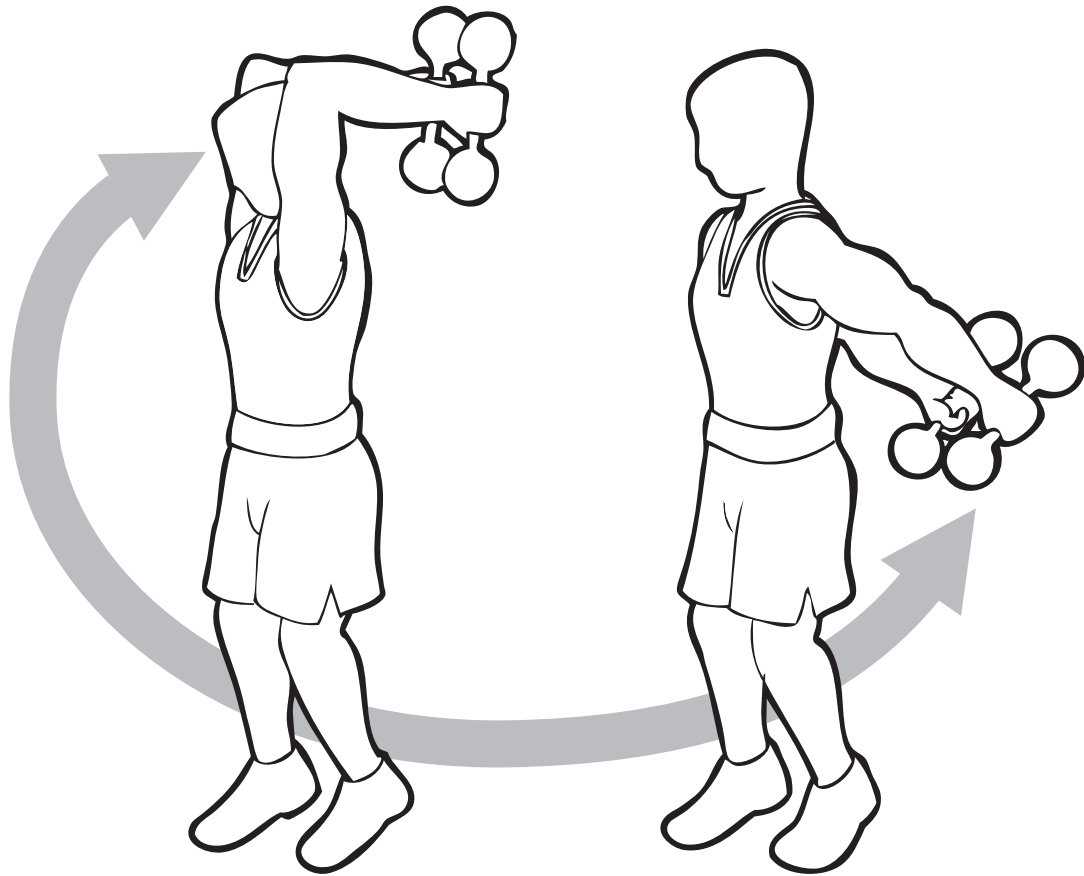
## Vertical Extensions



1. Stand back to back with a partner
2. Pass the ball over the head to partner
3. Partner returns the ball between the knees
4. After few exercises, change the order

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## Dumbbell Swing

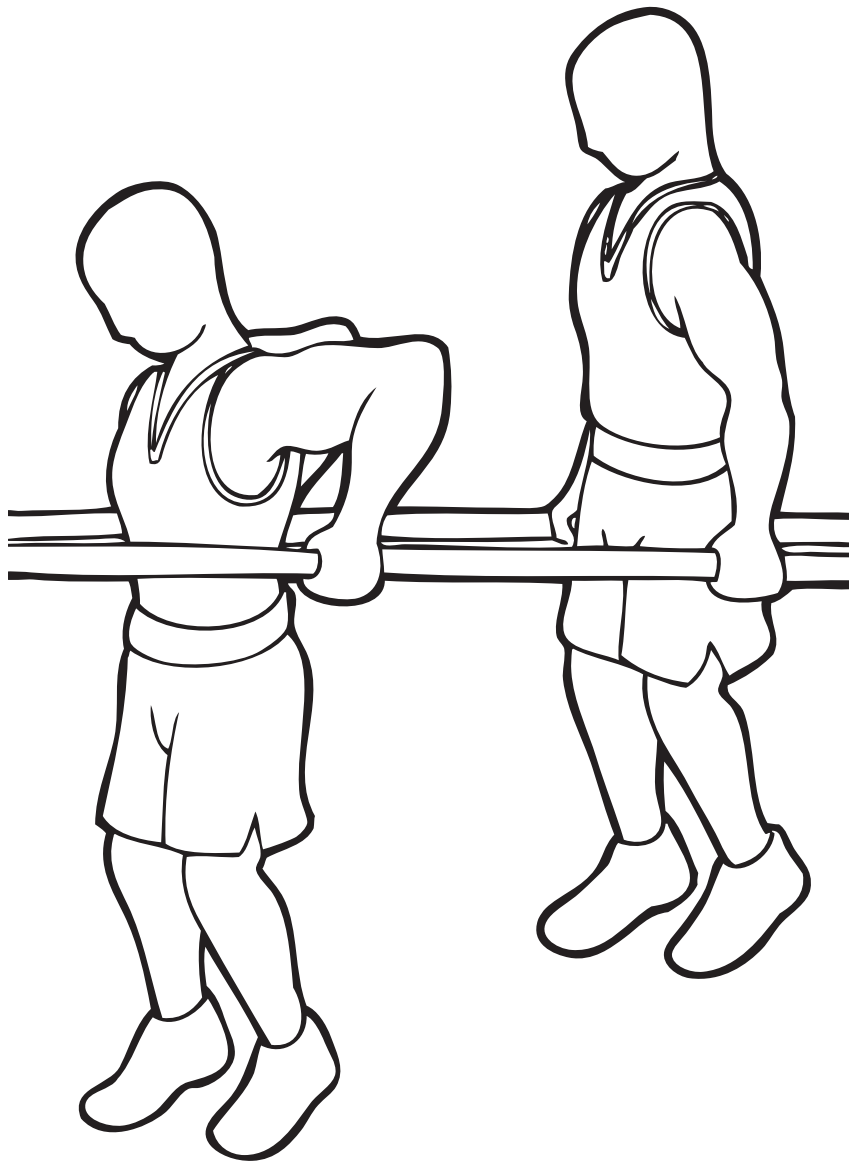


1. Grab very light weight dumbbells on both hands
2. Swing it above the head
3. Follow the same path and swing it back



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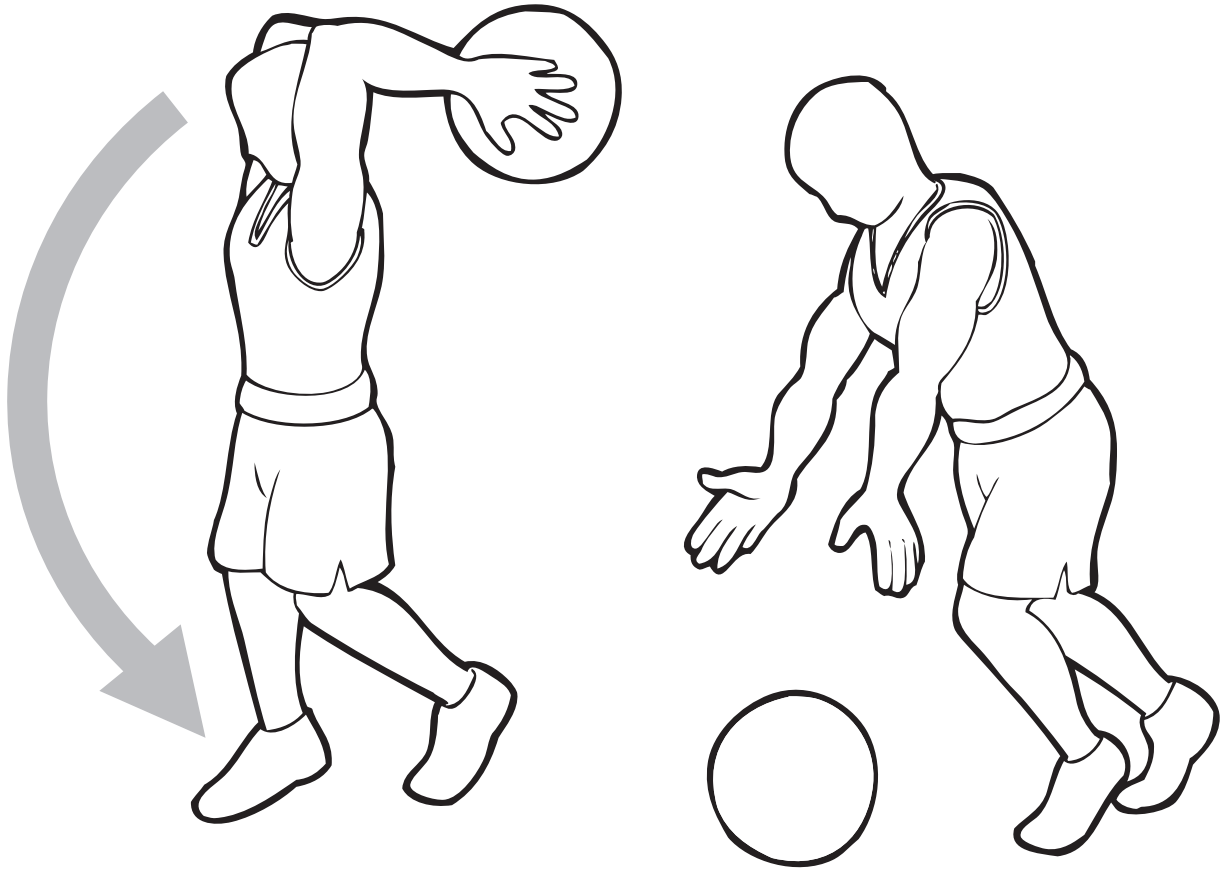
## Parallel Bars Dip



1. Place each hand on the bar and do not bend elbows
2. Lift body up so that feet is off the ground
3. Slowly bend elbows and lower the body until shoulder levels with the bars
4. Lift back up until elbow is fully extended

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## Throwing the Ball



1. Grab the ball with two hands and bring it behind the head
2. Throw the ball over the head with upright hands while moving one leg forward





## COORDINATION EXERCISES

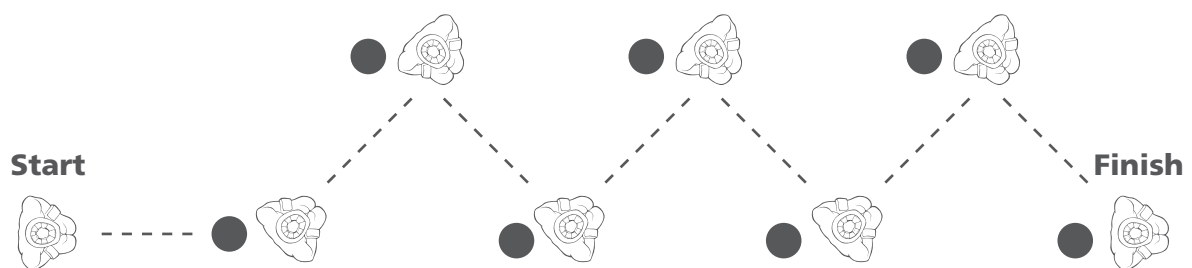
### Walking with Arm Swings

1. While walking forward or backward, swing arms up or down
2. Use same feet and arm or alternate
  - a. right arm – right feet
  - b. left arm – left feet
  - c. right arm – left feet
  - d. left arm – right feet

### Walking and Performing Straight Punches

- Follow same procedure as walking with arm swings, except instead of swinging arms, and perform straight punches

### Weave In – Weave Out



1. Place 4 cones in a straight line about 3 meters apart.
2. In between each pair of cones place another cone about 3 meters to the left
3. Sprint from one cone to the next touching each one with a hand
4. Try to take quick side steps, rather than turning to face the marker and running forward

### One Leg Balance Exercise

1. Stand on one leg by lifting the other feet up
2. Coach blows the whistle and boxers move around with one leg or stand with one leg for certain period of time



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# **ISOMETRIC TRAINING**

APPENDIX B

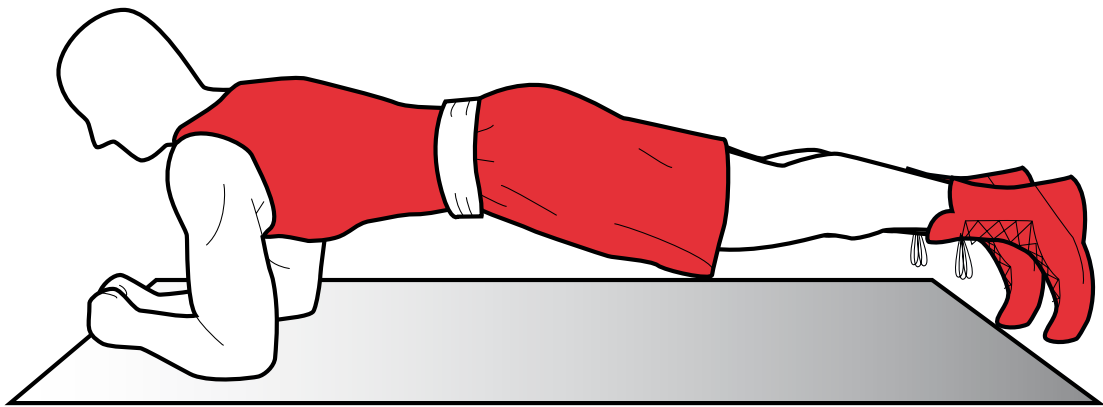




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## PLANK

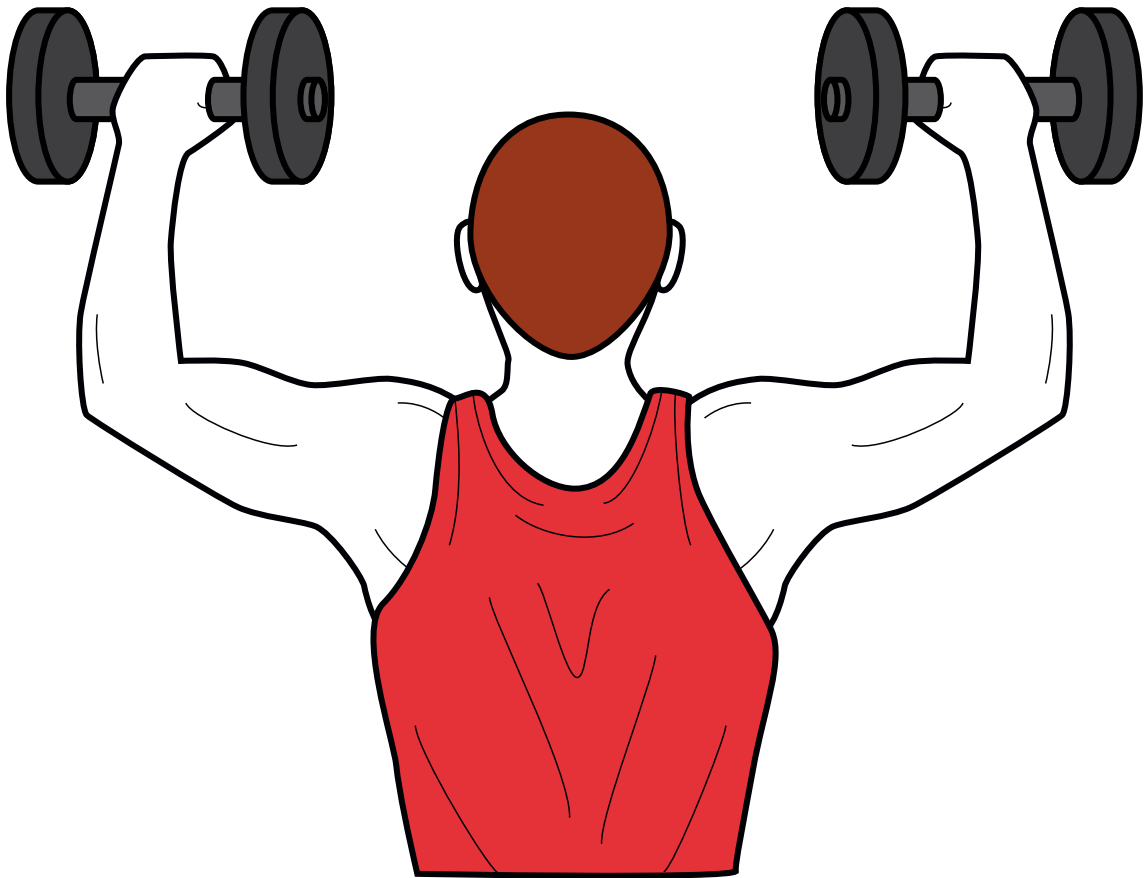
1. Lay flat on the floor
2. Place both arms bent in 90 degrees and under the shoulder, with hand pointing straight forward
3. Keep the back straight and raise the whole body with forearm and toes on the ground
4. Contract the abdominal area and hold the position for as long as possible
5. Rest for 30 seconds and continues the step 3 and 4



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## ISOMETRIC SHOULDER EXERCISES

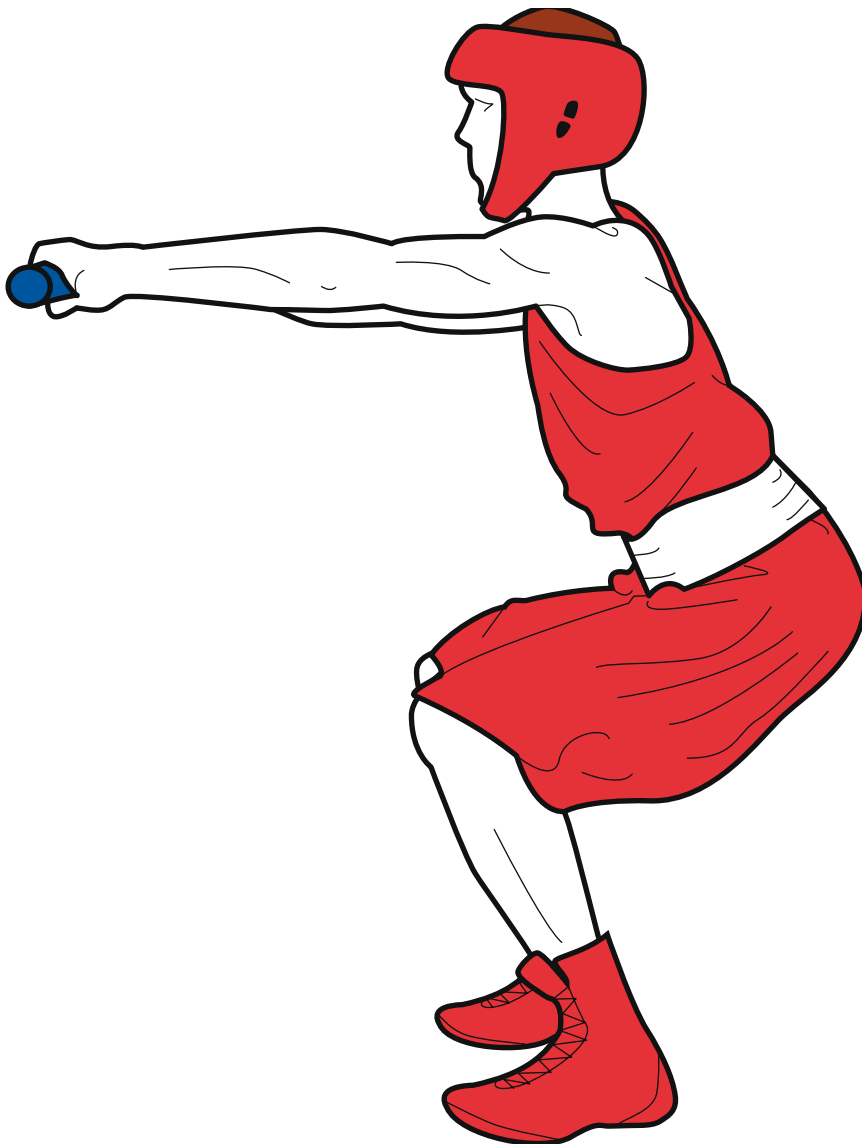
1. Stand with feet shoulder-width apart and back straight
2. Bend down the knees slightly
3. Hold the dumbbell on each hand or weighted objects
4. Bend the elbow 90 degrees and raise the arm until both arms are parallel to the ground (do not raise the arm all the way up)
5. Hold the position for as long as possible
6. Rest for 30 seconds and continues the step 4 and 5



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## ISOMETRIC SQUATS

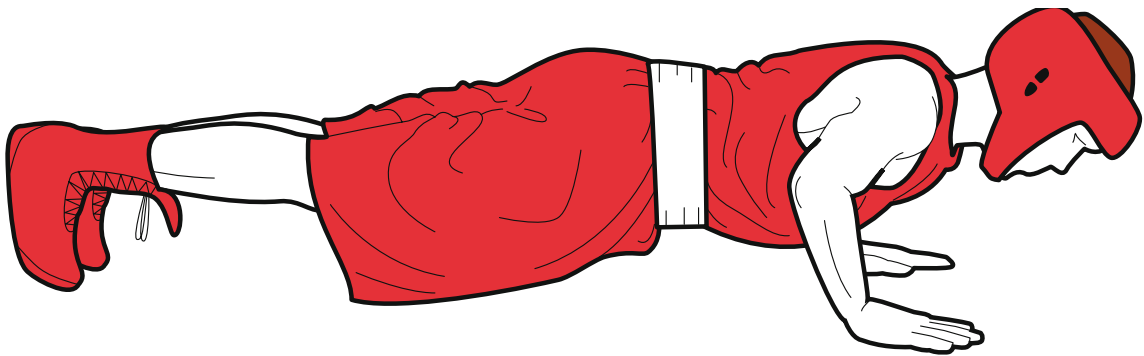
1. Stand with feet shoulder-width apart, back straight
2. Raise arms straight forward
3. Bend down the knees until the thighs are parallel to the floor
4. Hold the position for as long as possible
5. Rest for 30 seconds and continues the step 2 and 3
6. To increase the difficulty, the boxer can hold the weighted objects on the hand



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## ISOMETRIC CHEST

1. In push-up position
2. Lower the body down to half-way
3. Hold the position for as long as possible
4. Rest for 30 seconds and continues the step 2 and 3



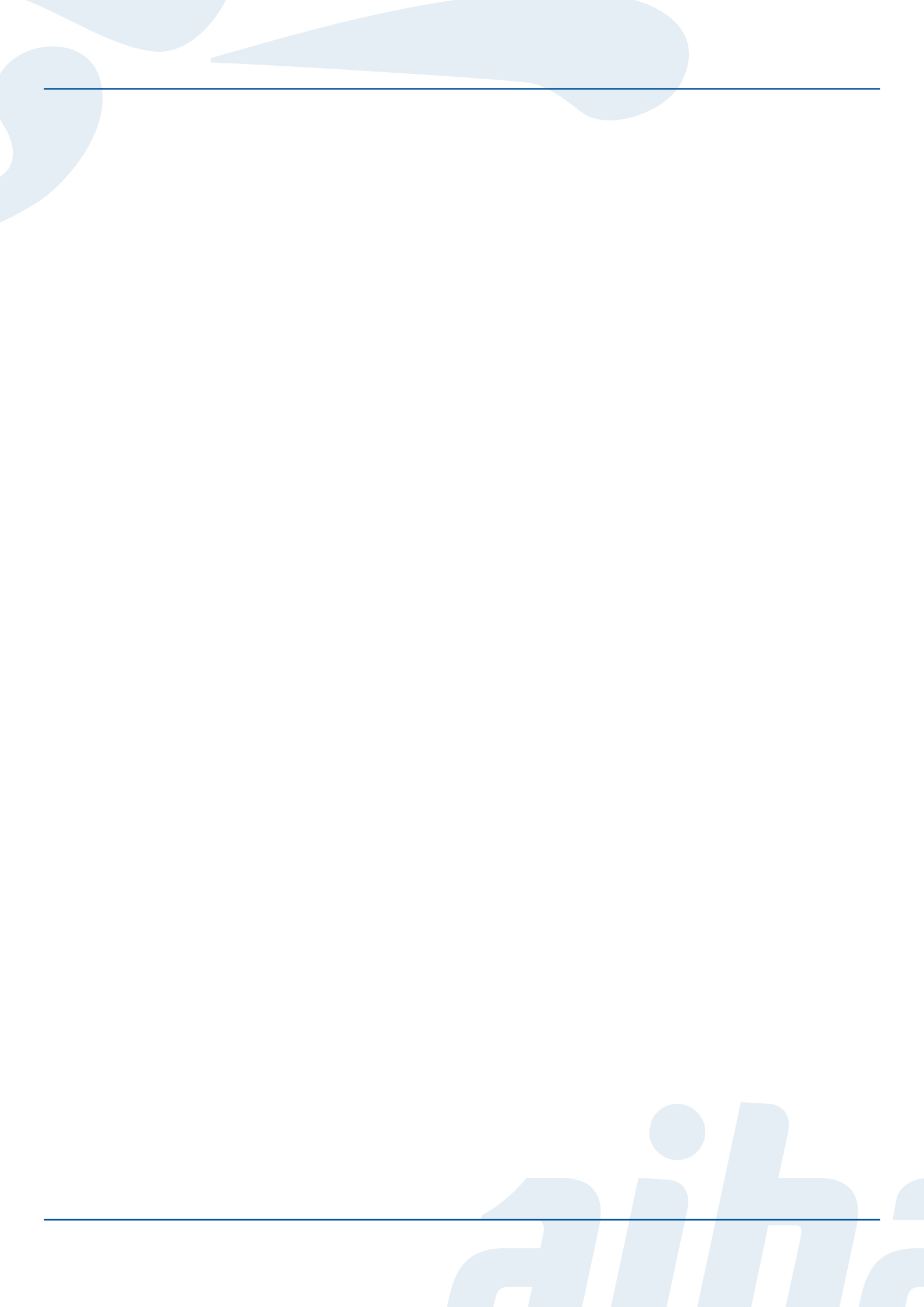


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# **PLYOMETRIC TRAINING**

APPENDIX C



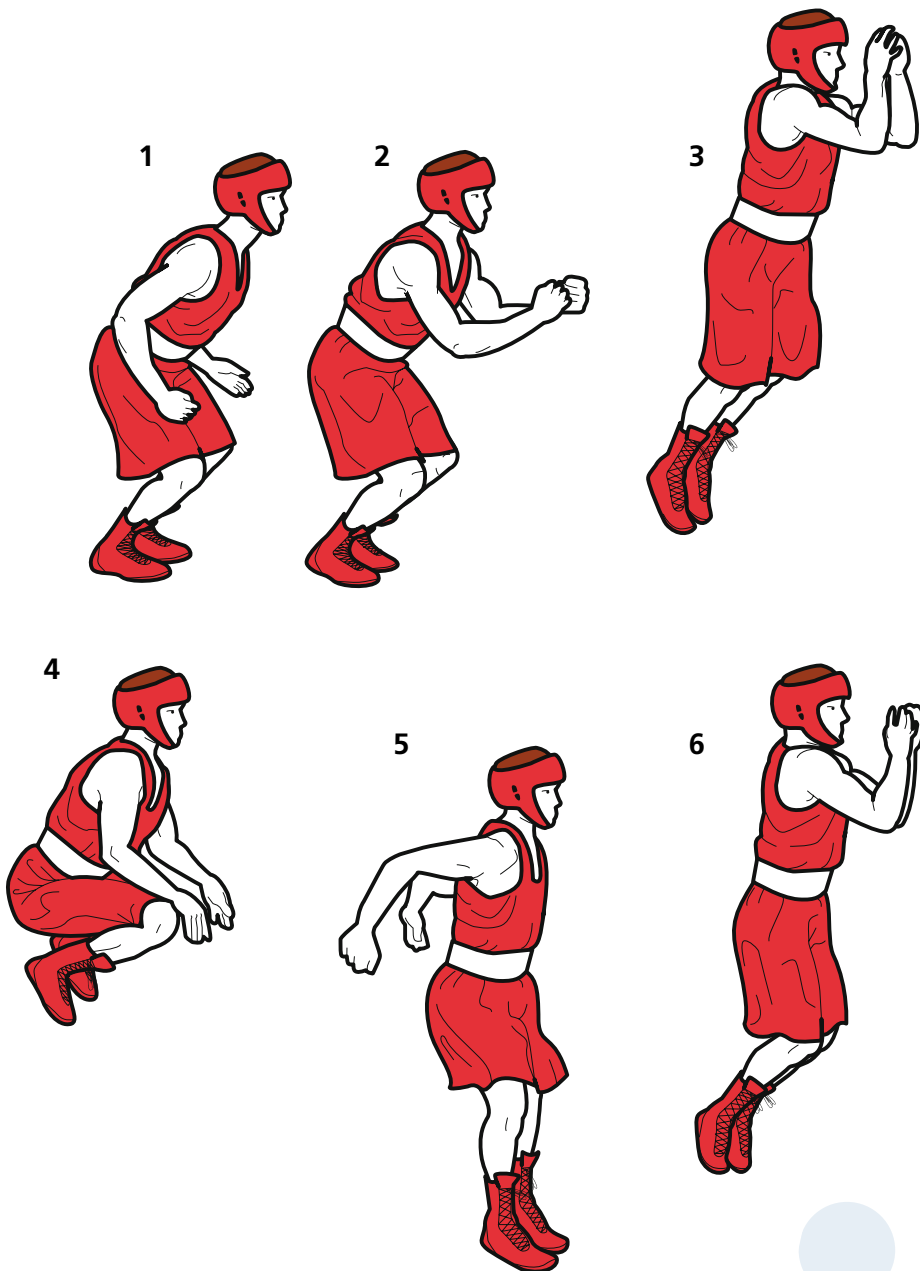


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## DOUBLE LEG BOUND

Develops power and the muscles of the legs and hips

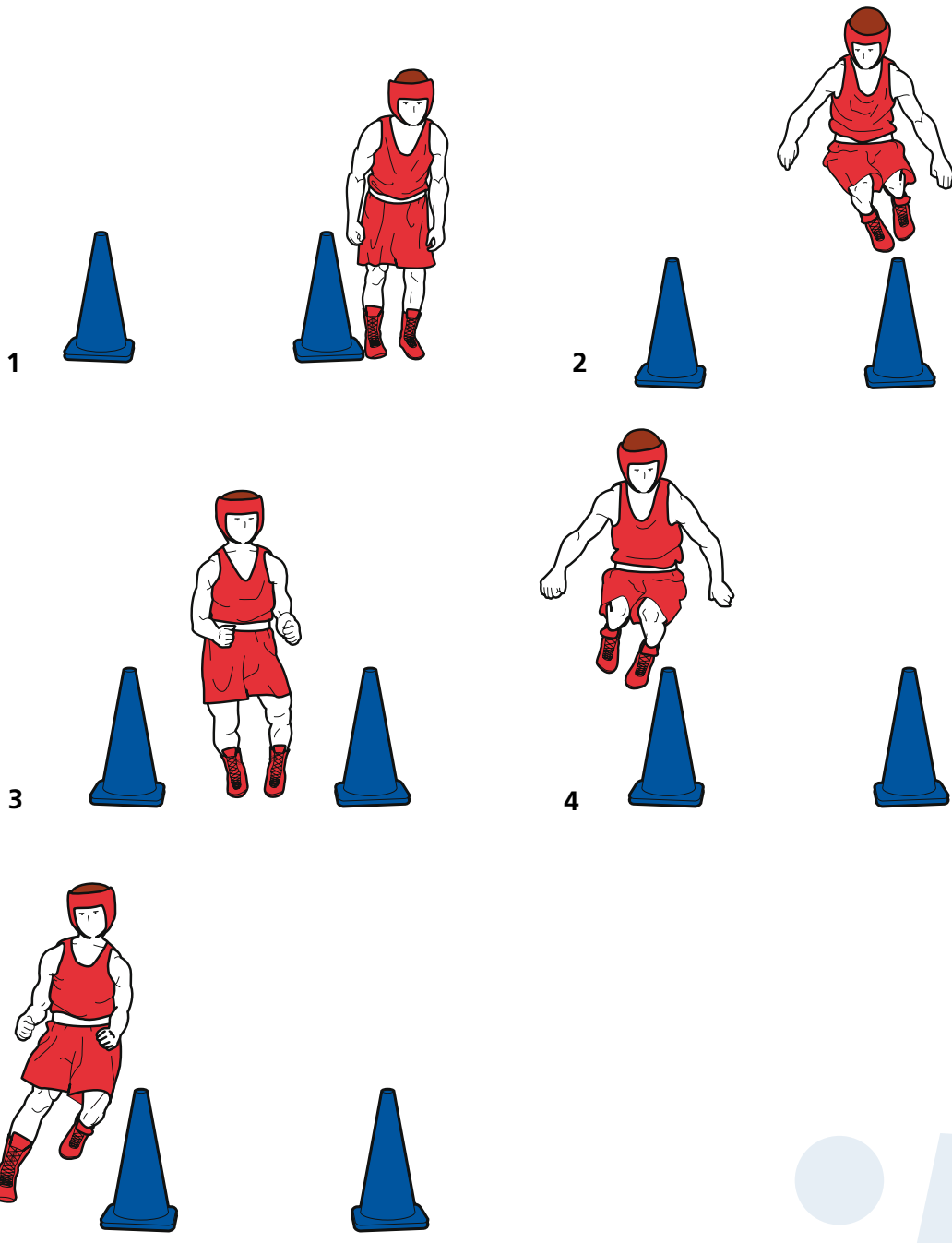
1. Stand comfortably with feet together
2. Bend knees and squat down to a half way to half-squat position, arms down to the sides with shoulders forward and out over the knees
3. Keep the back straight and head up with eyes looking forward
4. Jump up and forward by extension of the hips and arms
5. Try to jump as high and farther as possible
6. Try to land with a same position as the beginning
7. Jump up and forward again without stopping



## SIDE HOP

Develops power and the muscles of the legs and hips and develops lateral movement

1. Set cones side by side, approximately 70 cm to 100 cm apart (height of the cones shall not be higher than the height that boxer can jump over)
2. Stand at the end of the placed cone
3. Stand with feet together with toes straight forward and arms on the side
4. Jump sideways over the first cone and then the next cone without stopping
5. After jumping the last cone, quickly change the direction and jumping back over to the starting point

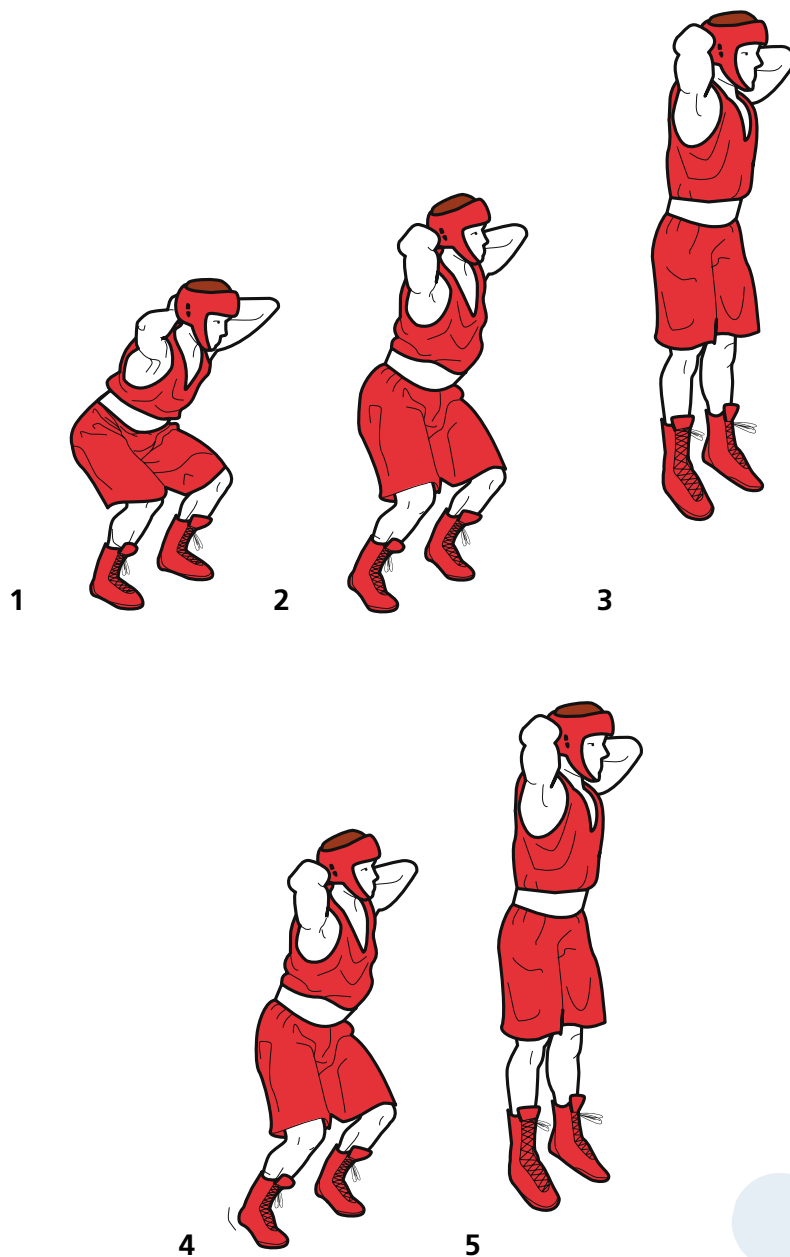


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## SQUAT JUMPS

Develops power and the muscles of the hip, quadriceps, hamstring and gluteal. Coach shall emphasize to reach maximum height on every effort

1. Stand with feet shoulder-width apart and back straight
2. Place the hand behind the head with fingers interlock; this will minimize the involvement of arms in the movement
3. Bend knees and squat down to a half way to half-squat position
4. Jump up with straightening both knees to reach highest point
5. When landing, return to half-squat position
6. Jump up again without stopping

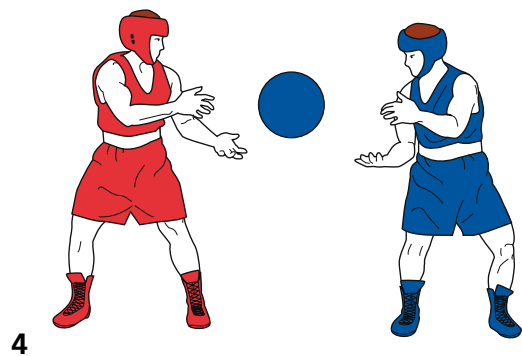
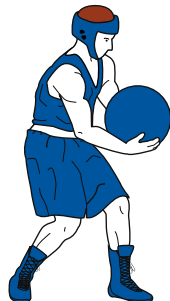
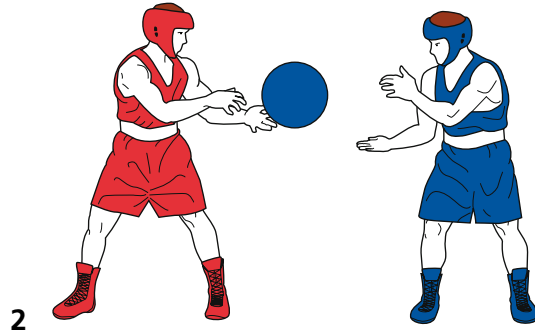


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## MEDICINE BALL TWIST AND TOSS

Develops power and muscles of the abdominals, oblique, lower back, hips, biceps and pectoral muscles

1. Select the medicine ball with appropriate weights according to the boxer
2. This exercise shall be worked with a partner
3. Stand with feet shoulder-width apart
4. Knees bent down slightly with back straight
5. Lean upper body slightly forward
6. Hold medicine ball with two hand in front of the stomach
7. Twist the upper body to the direction opposite to the partner
8. Twist back the upper body toward the direction to the partner quickly and toss the medicine ball to the partner using hips, shoulder and arm strengths
9. After receiving the medicine ball from the partner, twist the upper body to the direction opposite to the partner and twist back quickly toward the partner and toss the medicine ball again

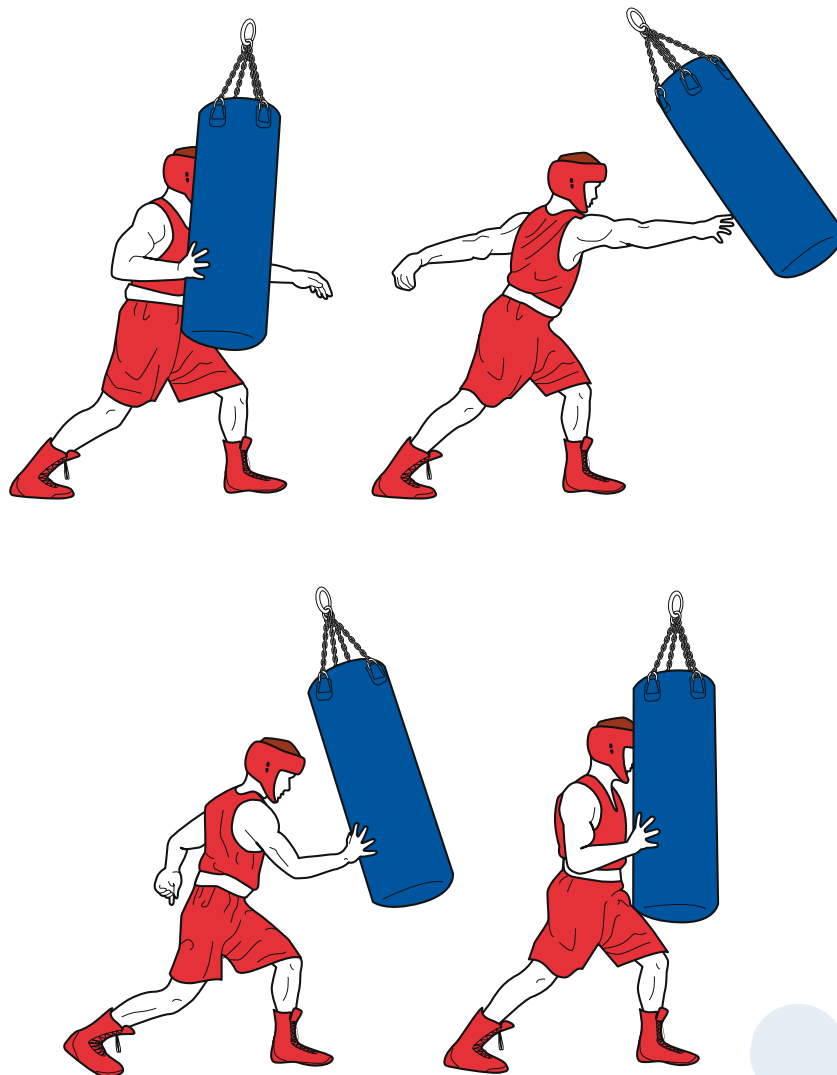


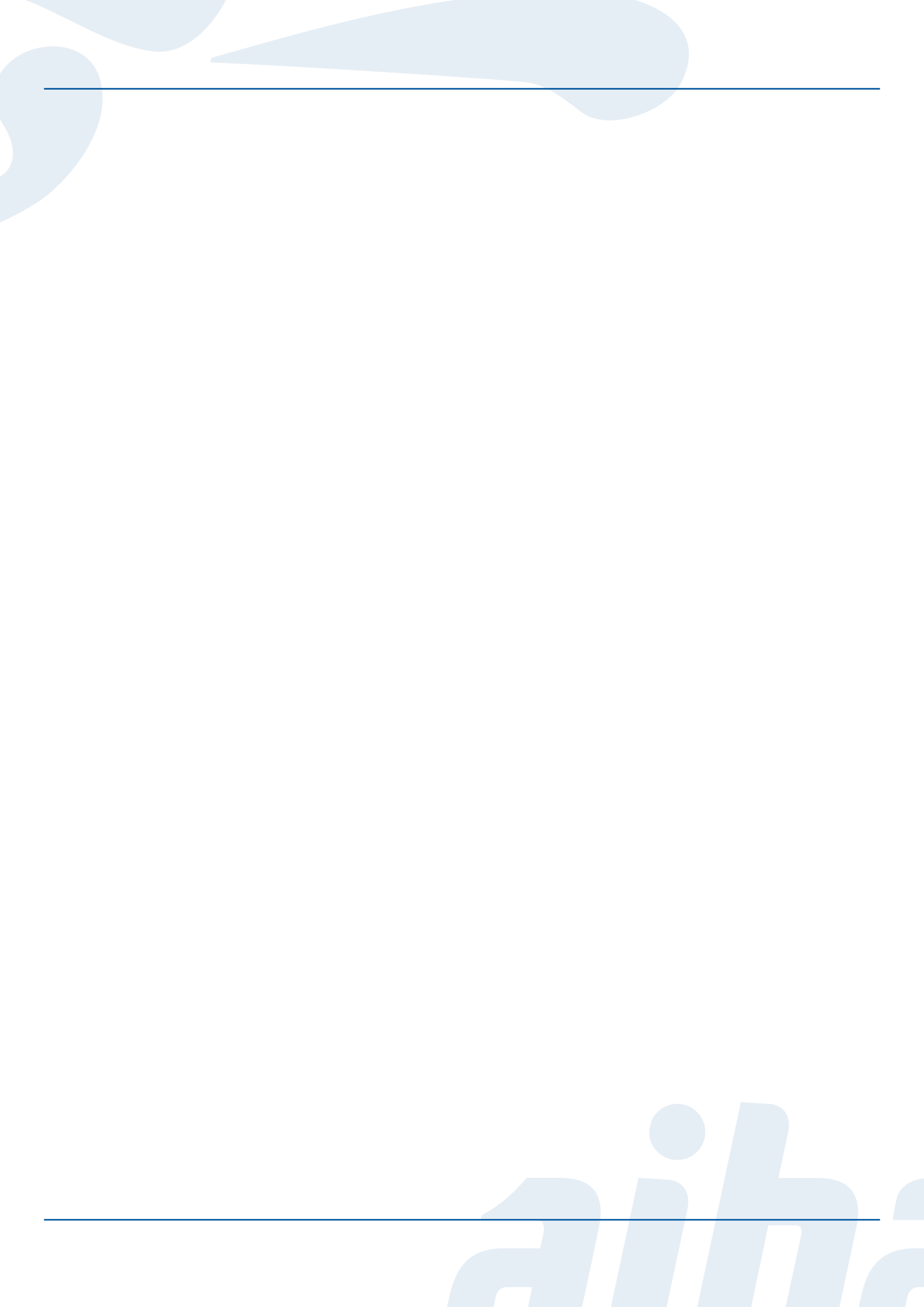
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## HEAVY BAG STROKE

Develops power and muscles of the upper body, arms and shoulders

1. Stand in front of heavy bag
2. Take a half-step to the left, so that half (right-side) of the body is behind the heavy bag
3. Stand with back straight
4. Bring right foot half-step forward, while the left foot takes half-step backward (the boxer should be standing with feet slightly more than shoulder-width apart)
5. Place the palm of the right hand on the heavy bag and keep elbow bent 90 degrees
6. Lift left arm straight forward
7. Push the heavy bag as hard as possible using the upper body strength
8. When heavy bag returns, catch the bag with right arm and return to the initial position
9. Wait for couple of seconds to lower the momentum and push the heavy bag forward again
10. Alternate the position to work with left arm





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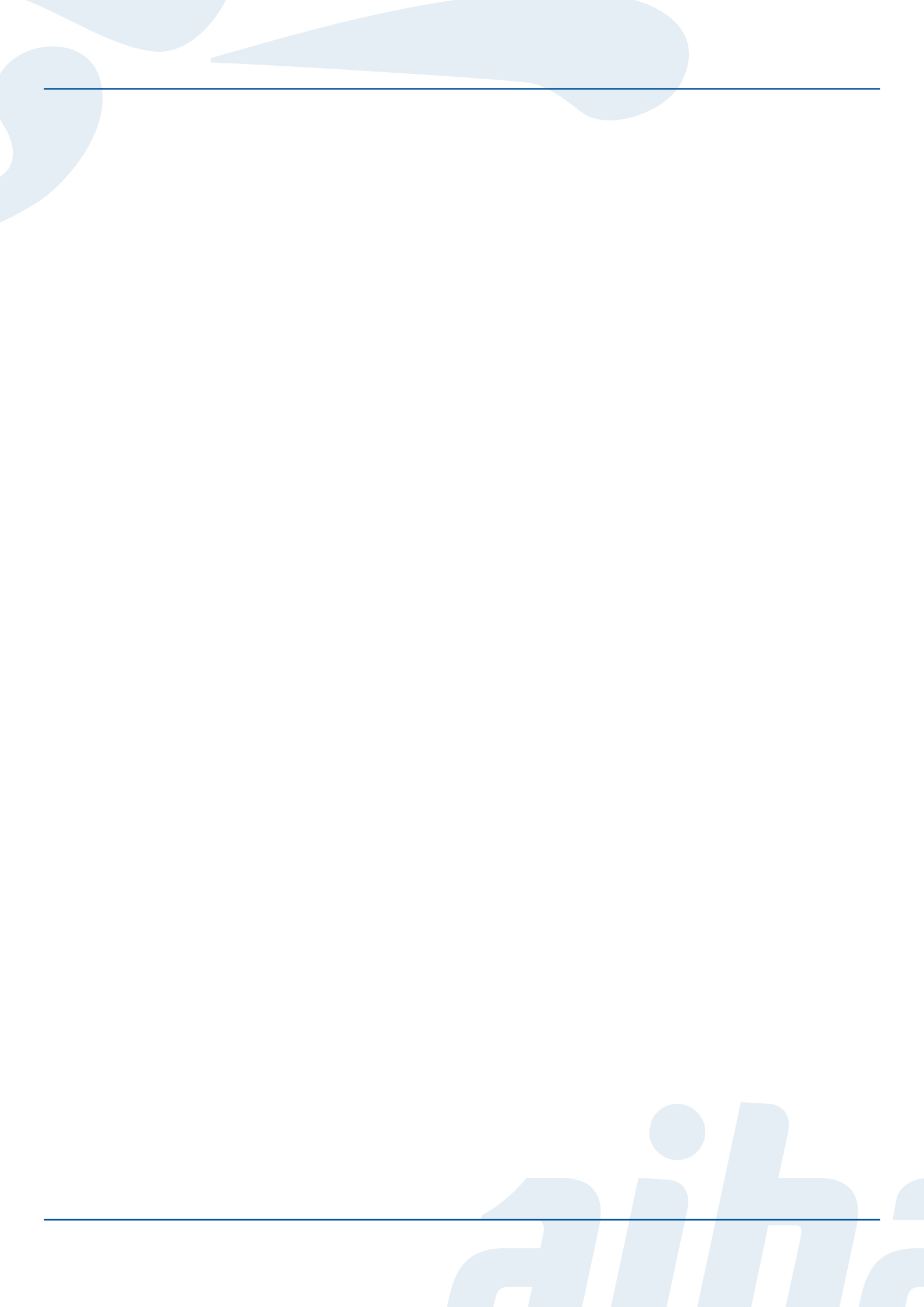
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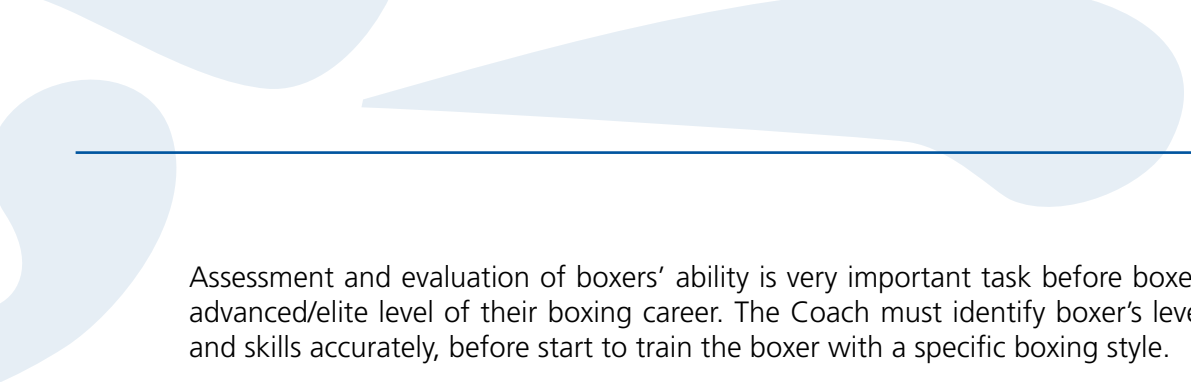
# **EVALUATION OF BOXERS' ABILITIES**

APPENDIX D

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Assessment and evaluation of boxers' ability is very important task before boxers enter into the advanced/elite level of their boxing career. The Coach must identify boxer's level of preparation and skills accurately, before start to train the boxer with a specific boxing style.

Accurate analysis of the boxer's different skills level and preparation level and training with a specific style that allows the boxer to perform his full capacity, will increase the opportunity for boxer to be developed into world-class level.

BOXERS' ABILITIES CAN BE EVALUATED IN THREE CATEGORIES:

- Physical Ability
- Technical – Tactical Ability
- Psychological

Assessment of each of these categories will allow the coach to analyze and measure the boxer's progress and improvement through the past training process and programs. Moreover, these results will allow coaches to foresee the possibilities of future improvement in the boxer.



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## PHYSICAL ABILITIES

By only observing boxer's physiological characteristics, it is not possible to analyze or evaluate boxer's physical abilities. In order to have the accurate assessment of physical abilities, the coach must conduct assessment in following areas:

- Endurance
- Strength
- Speed
- Coordination

### ENDURANCE ASSESSMENT EXAMPLES

#### RUNNING

1. Shall be conducted at the running track or at the outdoor field
2. 3 sets of 3 minutes running with 1 minute rest between the sets
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before, between each sets and immediately after the testing

#### BAG PUNCHING

1. Shall be conducted in the gym with any type of punching bags
  2. 3 sets of 3 minutes punching without stopping and 1 minute rest between each set
  3. Number of punches and Heart Rate shall be measured
  4. The coach counts number of punches by counting one hand and multiply by two (2)
  5. Heart Rate must be measured before, between sets and immediately after the testing
-

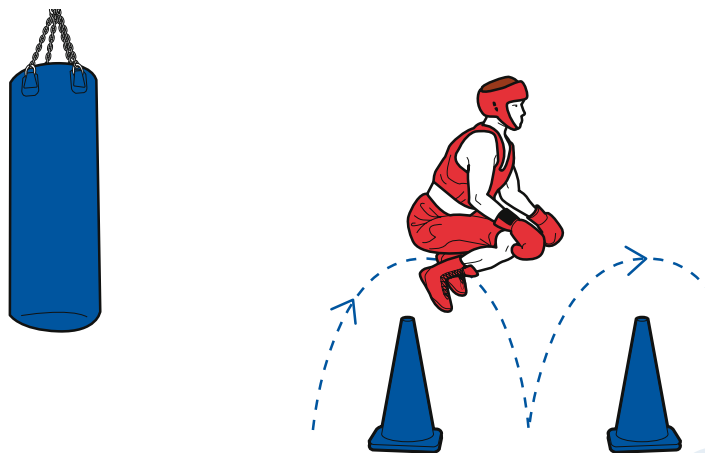
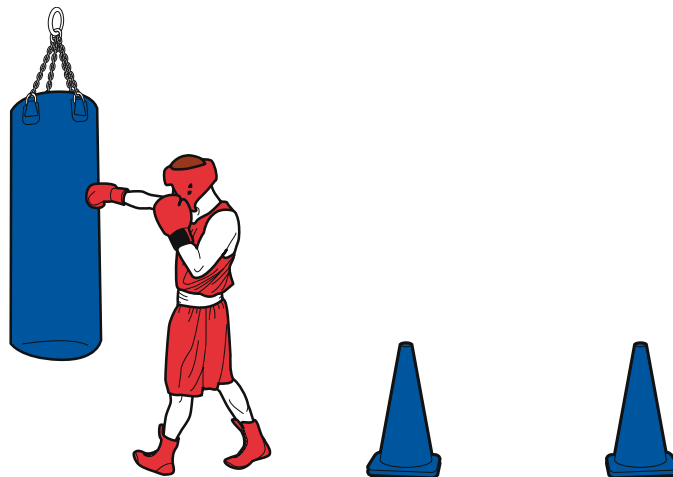
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## COOPER TEST

1. Shall be conducted at the running track or at the outdoor field
2. Boxer runs for 12 minutes with maximum intensity and effort
3. Distance and Heart Rate shall be measured
4. Heart Rate must be measured before and immediately after the testing

## HEAVY BAG PUNCHING AND JUMPING

1. Place a small cone near the heavy bag (approximately 1 - 2 meters away)
2. On coach's whistle, boxer punches a heavy bag with a competition style (not with full speed) for 30 seconds
3. Boxer moves to the cone and jump over the small cone with two feet together (jumping on side or forward) for 30 seconds
4. Repeat step 1 to 3 for three minutes
5. Coach counts how many sets that boxer has completed



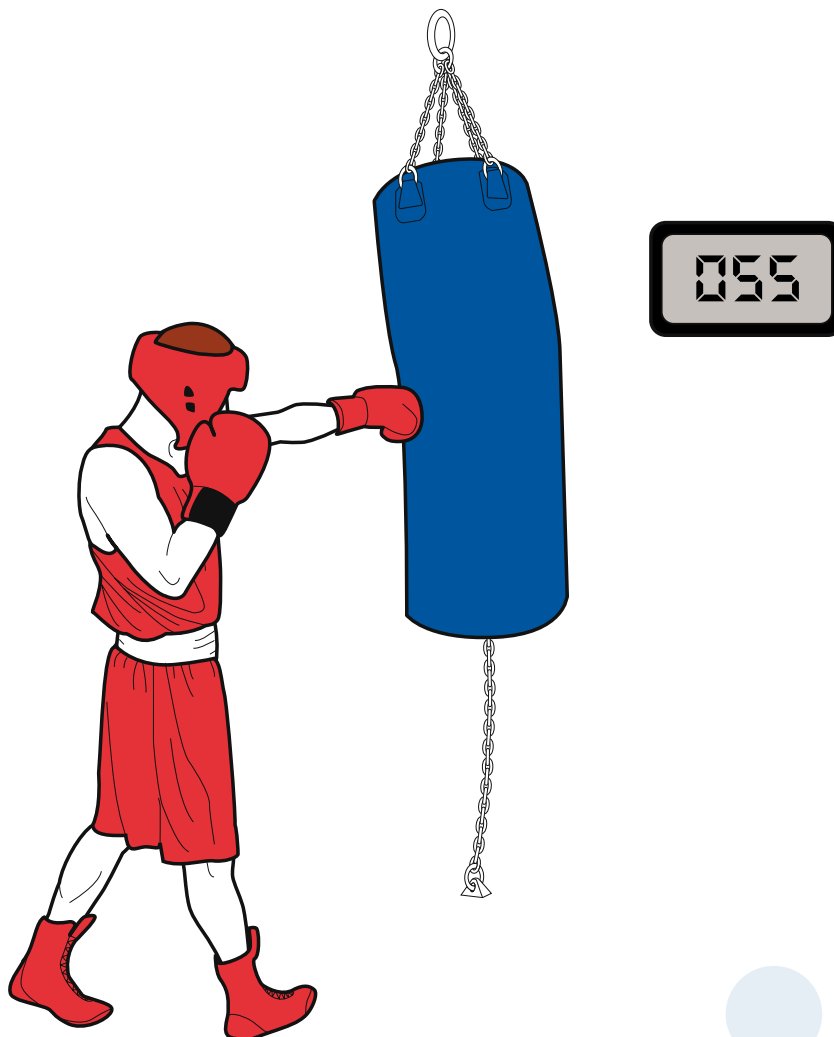
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## HEAVY BAG PUNCHING

1. Boxer stands in front of a heavy bag
2. On coach's whistle, the boxer performs as many lead hand straight punches for one minute
3. After one minute, boxer performs rear hand straight punches for one minute with full strength
4. Then conduct 1-2 combination punches for one minute
5. Coach counts total number of punches performed

## FORCE PLATFORM MACHINE WITH THE BAG

1. Force Platform is the punching bag hooked on to the machine (shown on the picture). It measures the force and frequency of the punch
2. Machine will automatically provide the frequency and strength of the punch
3. The coach shall measure the Heart Rate, before and immediately after the testing



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## STRENGTH ASSESSMENT EXAMPLES

### BENCH PRESS

#### 1st Testing Method – Maximum Weight

- The boxer performs bench press by lifting the maximum weight. The maximum weight is the weight that the boxer can lift for only one time
- The coach shall measure the maximum weight

#### 2nd Testing Method – Set-Weight

- The coach sets the weight that boxers shall lift
- The boxer lift the weight set by coach as many times as possible
- This method will also allow to measure muscular endurance and power

### PUSH-UPS

- The coach signals the start of the testing
- The boxer performs push-ups for 30 seconds
- The boxer must do as much push-ups as he/she can
- Coach shall measure the number of sit-ups performed

### SIT-UPS

- The coach signals the start of the testing
- The boxer performs sit-ups for another 30 seconds
- The boxer must do as much sit-ups as he/she can
- Coach shall measure the number of sit-ups performed

### PULL-UPS

- The coach signals the start of the testing
  - The boxer performs pull-ups for another 30 seconds
  - The boxer must do as much pull-ups as he/she can
  - Coach shall measure the number of pull-ups performed
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## DIPS

- The coach signals the start of the testing
- The boxer performs dips for another 30 seconds
- The boxer must do as much dips as he/she can
- Coach shall measure the number of dips performed


## VERTICAL JUMPS

- This exercise **MUST** be conducted at the indoor
- The boxer stands up and make a vertical jump with one hand up, the boxer mark the highest point his finger tip reaches
- The boxer jump to try to touch the highest point on the wall
- The coach shall measure the distance between first point to the highest point where boxer reached

## STANDING LONG JUMPS

- Shall be conducted indoor or outdoor
- The coach mark the starting line or starting point
- The boxer makes a jump forward from the starting line or point
- Coach shall measure the distance between the starting line or point to heel of the boxer's foot
- The boxer must be re-tested if, he/she falls back or take a step before make a jump

## MEDICINE BALL THROWS

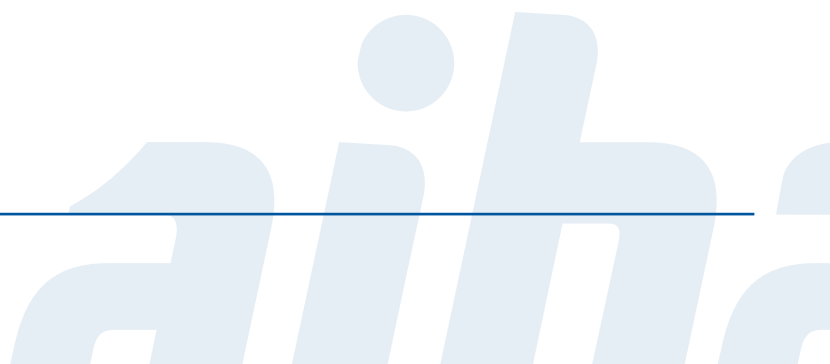
- Boxer stands with the boxing stance
  - Have 3kg Medicine Ball on the rear hand
  - Throw the medicine ball as boxer makes rear hand punch
  - Coach shall measure the distance between boxer and the medicine ball
  - Boxer rotates his position (orthodox to southpaw and vice versa)
  - Repeat the testing to measure the strength of both arm
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#### FORCE PLATFORM MACHINE WITH THE BAG

- Force Platform is the punching bag hooked on to the machine (shown on the picture). It measures the force and frequency of the punch
- Machine will automatically provide the frequency and strength of the punch
- The coach shall measure the Heart Rate, before and immediately after the testing



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## SPEED ASSESSMENT EXAMPLES

### 30 METERS SPRINT

- Can be conducted in both indoor and outdoor
- On the starting line with standing position or flying start
- On coach's whistle, the boxer sprints 30 meters
- The coach shall measure the time

### 60 METERS SPRINT

- Can be conducted outdoor track or field
- On the starting line with crouching position or standing position
- On coach's whistle, the boxer sprints 60 meters
- The coach shall measure the time

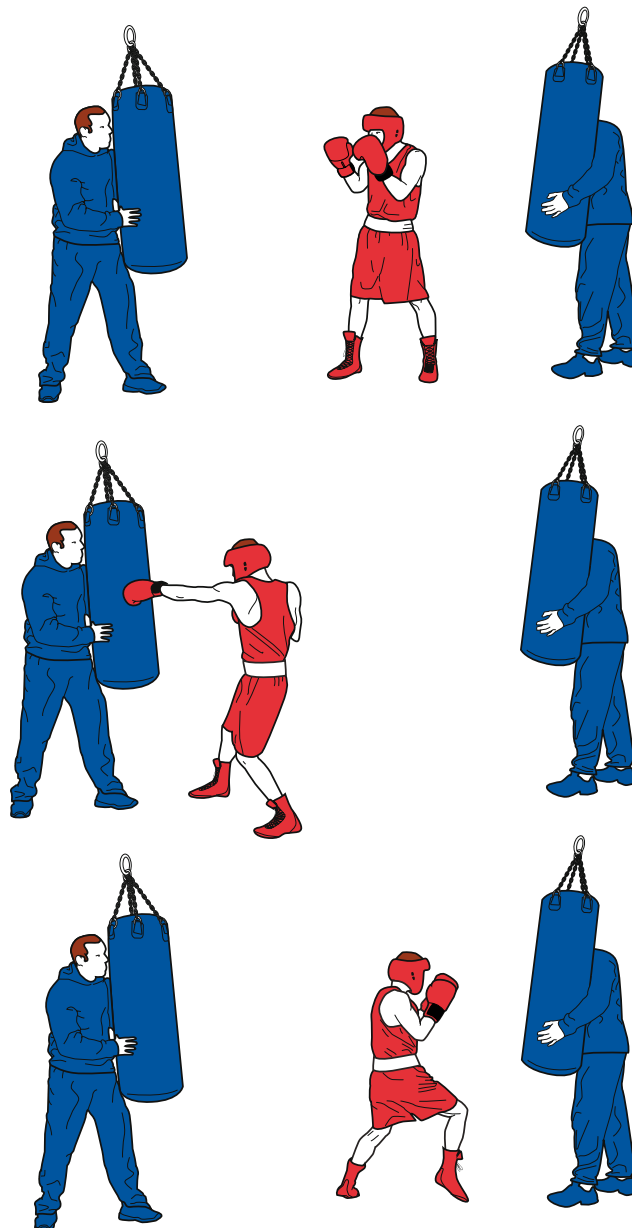
### BAG OR WALLPAD PUNCHING

- Boxer stands in front of a heavy bag or a wall pad
- On coach's whistle, the boxer performs as many punches as possible
- After 10 seconds, coach stops the testing
- The coach counts number of punches by counting one hand and multiply by two



## TWO HEAVY BAGS PUNCHING

- Boxer stands between two heavy bags
- Distance between heavy bags shall be 3 meters
- Heavy bags must be held by other boxers or coaches to ensure bags doesn't move around
- On coach's whistle, the boxer move quickly with boxing stance to the first bag and punches three times (lead – rear – lead punch or rear – lead – rear punch)
- After punching three times, turn around and move quickly with boxing stance to the other bag and punches three times
- After 10 seconds, coach stops the testing
- Coach shall counts how many repetition the boxer has completed (punching both bags is one repetition)

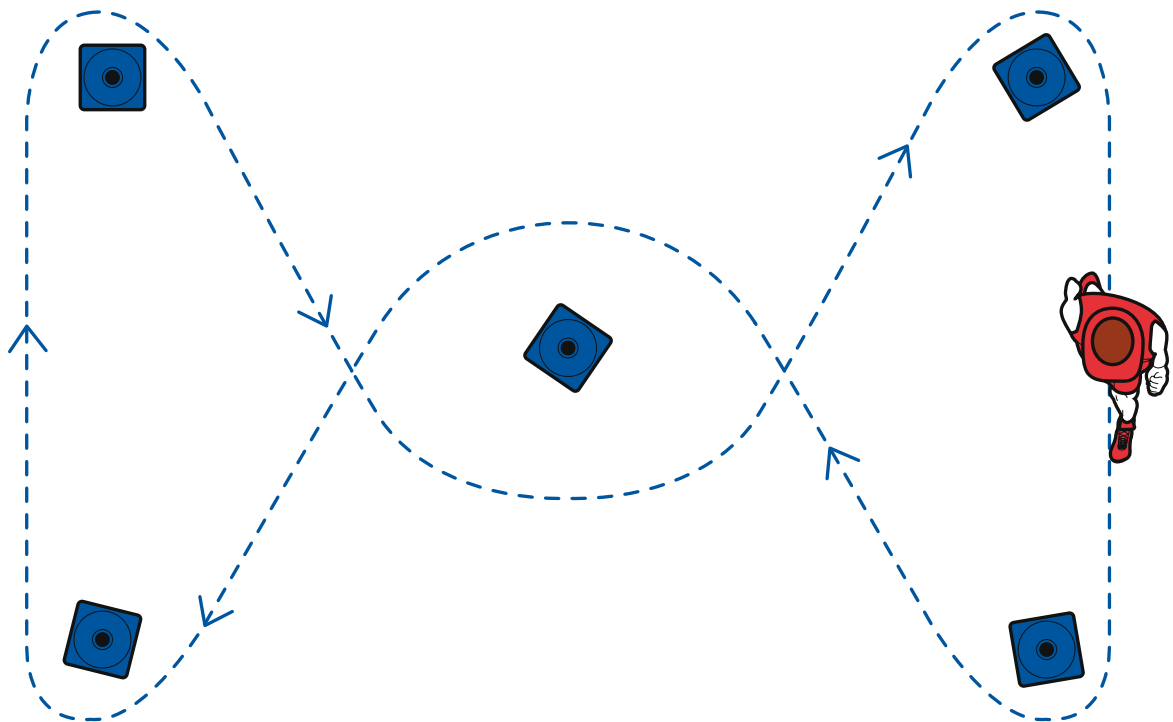


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## COORDINATION ASSESSMENT EXAMPLES

### ENVELOPE RUNS

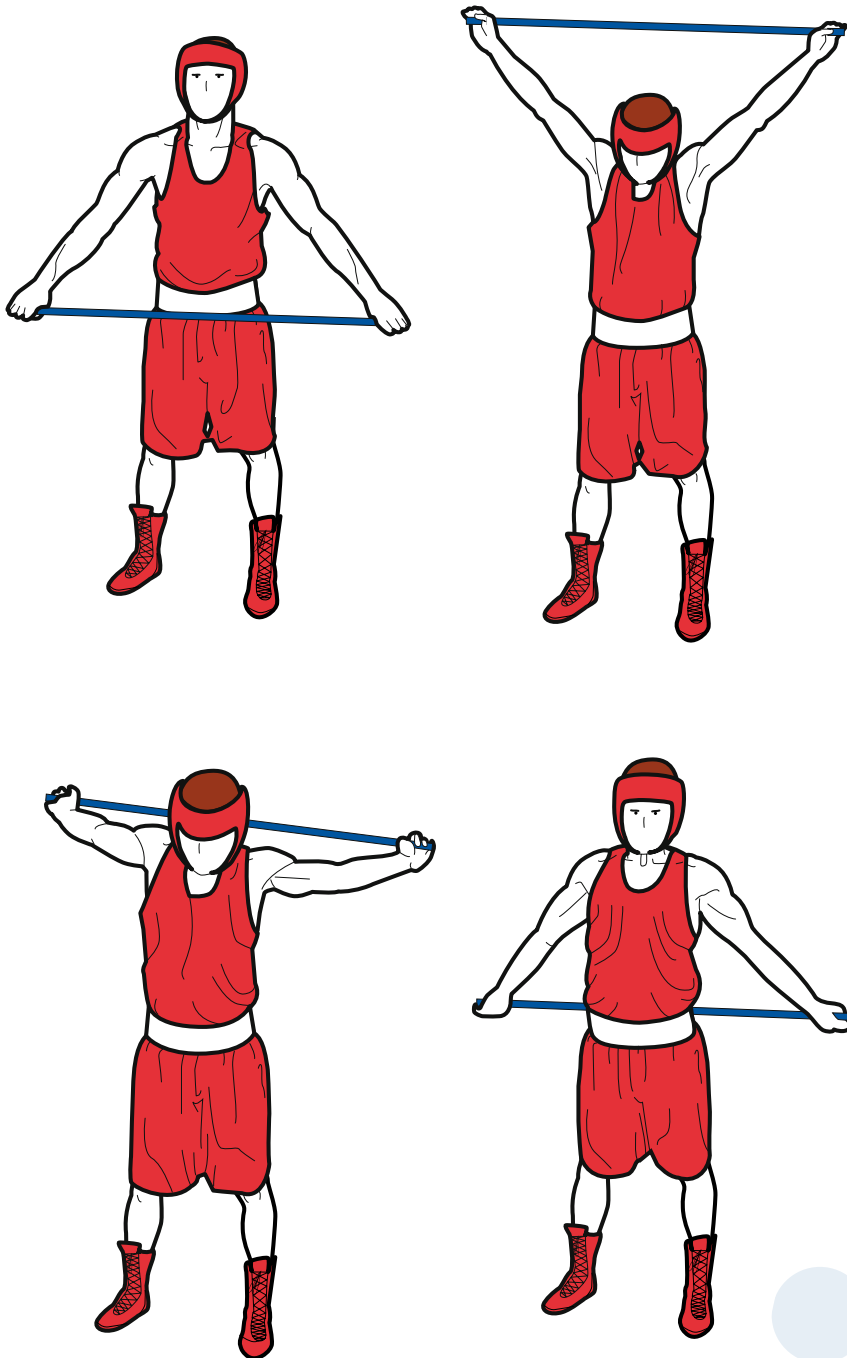
- Shall be conducted indoor or outdoor
- "Envelope Run" will require 5 meters by 3 meters of space
- Place a cone, flag or stick on each corner and one in the center of the space
- Boxer starts from the starting line and make a run around the space as shown in the diagram
- Boxer runs 3 times to complete the testing
- Coach shall measure the time and performance



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## STANDING SHOULDER FLEXIBILITY TEST

- Boxer can use a stick
- Grab a stick shoulder width wide
- Hold it front of the waist, keep arms straight
- Move arms up over head and below until hands are behind upper back
- Do not flex arms
- Coach shall measure the distance between two hands



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## WALKING WITH PUNCHING

- Coach place a cone with ten(10) meters apart
- Boxer walks from one cone to the other
- While walking, the boxer performs straight punches
- Straight punch with right arm with right foot forward
- Left arm straight punch with left foot forward
- Coach shall measure by the observation

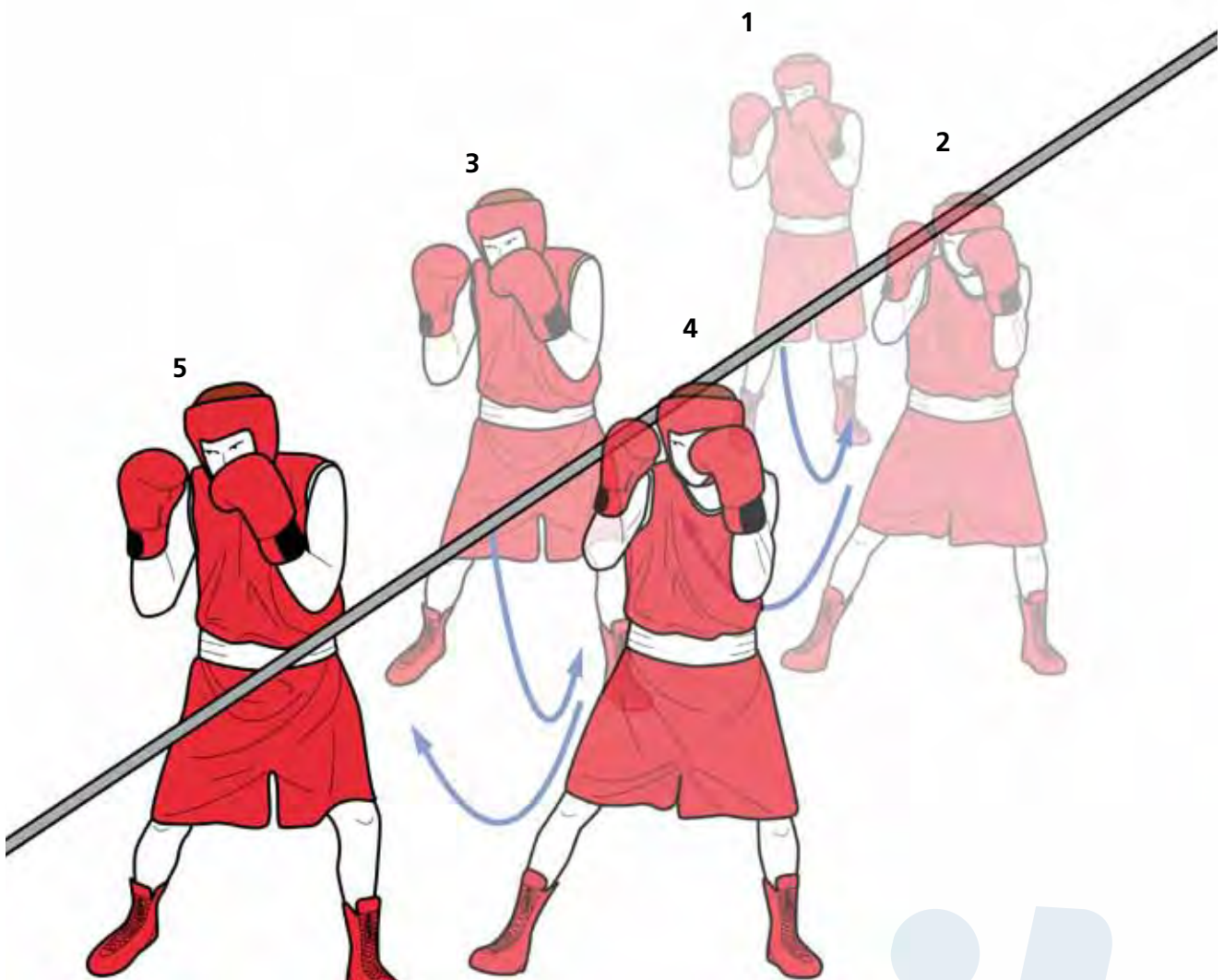
## DIAGONAL STEPS

- It must be executed with precision and speed to avoid that the boxer becomes out of balance; the boxer stands on his forefoot
- It is taught with the combination of 2 or more punches
- It is used to exercise coordination and it is not very used due to its complexity
  - Example: When a straight left blow to the face, the diagonal step to the front is used to break the initial stance, which to be recovered an additional step forward is needed
- When a diagonal step will be executed in counter attack, it indicates an anticipated offensive action. For Example: towards a straight blow with the left to the face, the diagonal step and the counter attack is made



## DUCKING AND SLIDING

- Draw two(2) 10 meters parallel line with 1.5 meters apart
- Prepare 10 meters long rope
- From the starting line nail the rope on the wall and at the nail the rope on the finish line with shoulder height of the boxer
- Boxer stands right-side of the rope
- Boxer makes sliding move to the left to the left parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer makes another sliding move to the right parallel line under the rope
- Boxer must make a ducking move and try not to touch the rope with his/her head or shoulder
- After the move, the boxer performs a straight punch
- Boxer continues move forward to the finish line and when he/she reaches the finish line, immediately move backward with same procedure
- Coach shall measure the time



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## **TECHNICAL – TACTICAL ABILITIES**

It is difficult to incorporate standard assessment for the technical and tactical abilities evaluation. Therefore, these abilities shall be measured by the coach's observation. In order to have more accurate evaluation, it is recommended to have as many coaches as possible for the evaluation.

Each coach will give points on a scale of 1 to 10 points for each technical-tactical skill assessed. Objective of the assessment is to observe not only boxer's ability level, but also to identify whether the boxer is correctly performing the technical elements, such as boxing stance, movement, punches, defenses and etc.

### **TECHNICAL AND TACTICAL EXAMPLES**

#### **QUESTION-AND-ANSWERS**

- To measure the understanding of tactics

#### **SHADOW BOXING**

- To measure technical abilities

#### **TRAINER PADS WORK**

- To measure technical abilities

#### **TASK SPARRING**

- To measure both technical and tactical abilities

#### **SPARRING**

- To measure both technical and tactical abilities

#### **COMPETITIONS**

- To measure both technical and tactical abilities
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## **TECHNICAL – TACTICAL ABILITIES**

The goal of psychological evaluation is to assess the boxer's psychological preparation level. Psychological aspect is very important, because even if the boxer has world-class physical and technical skills, weak psychological level will limit boxer's performance in training and competitions.

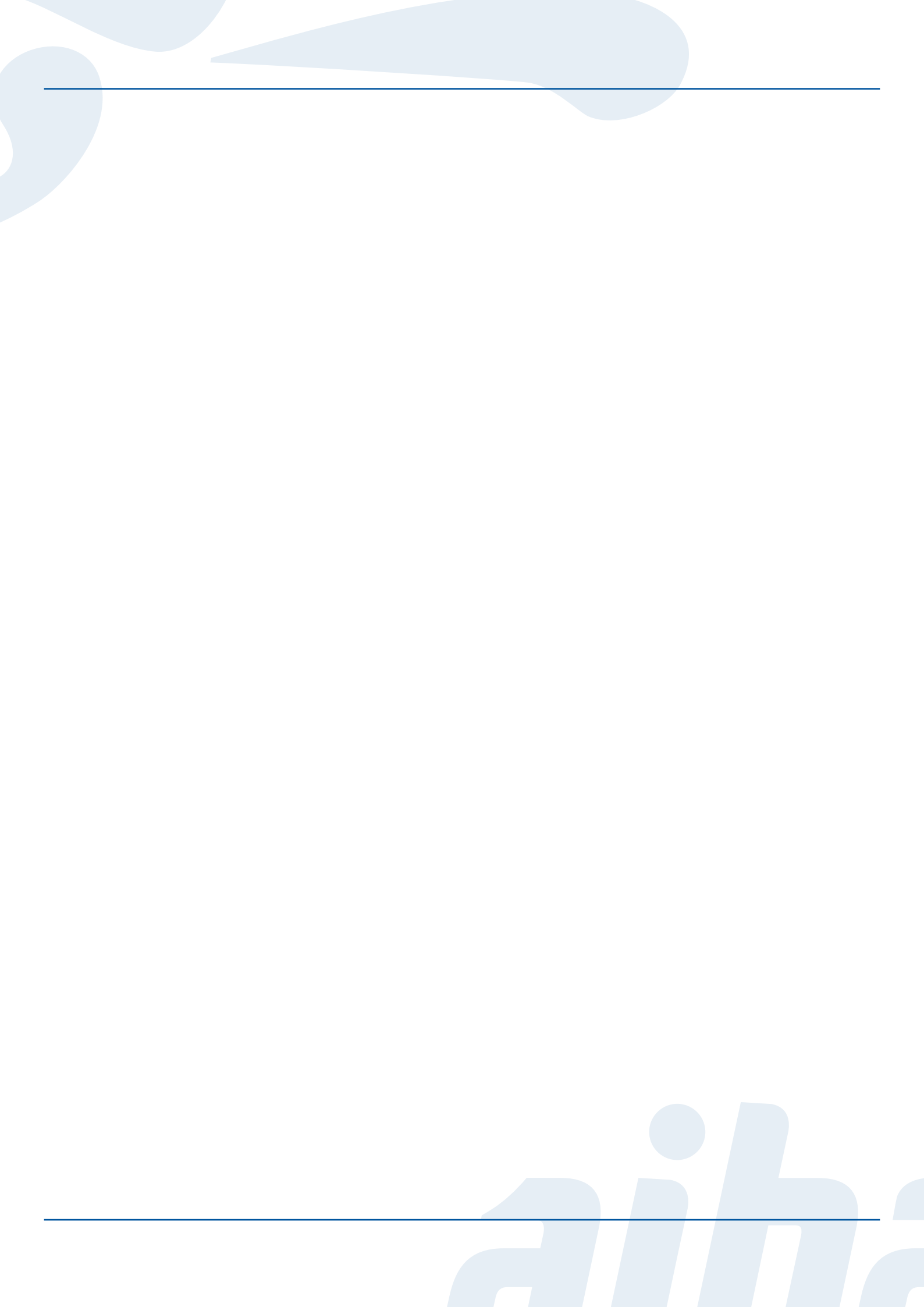
Psychological evaluation can be conducted by inviting psychologist for the assessment. If psychologists are not available or difficult to invite, the coach can assess boxer's psychological preparation by conducting following examples:

### **PSYCHOLOGICAL EXAMPLES**

- Conversation with the boxer
- Monitoring during the training sessions
- Monitoring during the competitions

Psychological evaluation shall be done in long-term and it is more effective, if the coach monitors the boxer's outside of the gym activities and behaviors by having a conversation with the boxer's close friends, family and teachers.





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