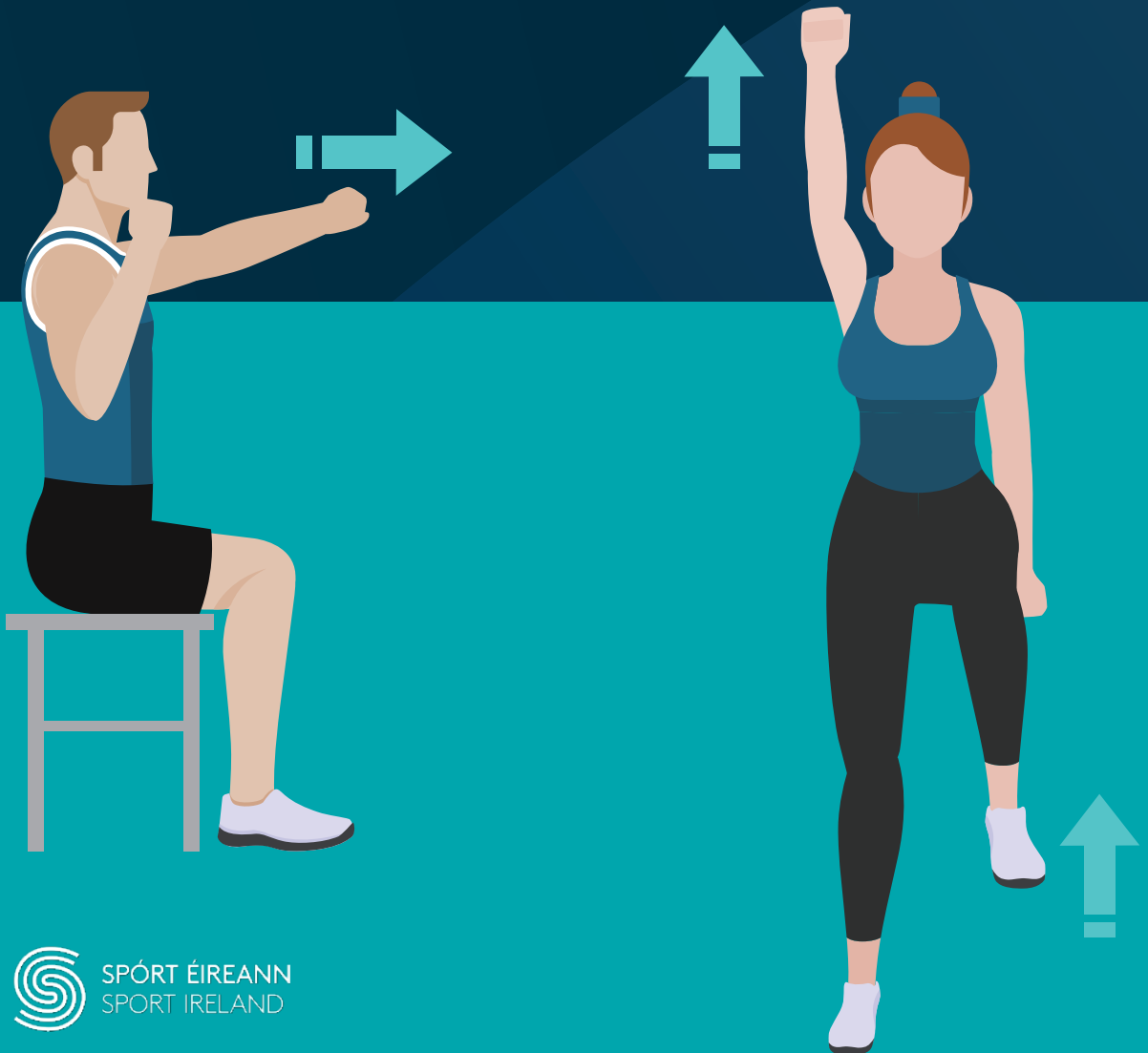


## Exercise Circuit

# Boxercise – Circuit 1

Perform each exercise for 30 seconds. Repeat 4 times.  
Add dumbbells for extra resistance.  
All exercises can be completed seated or standing.

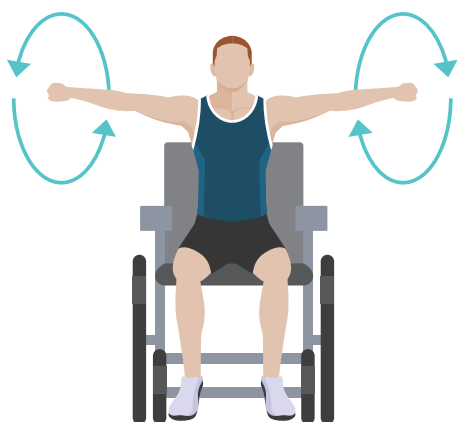
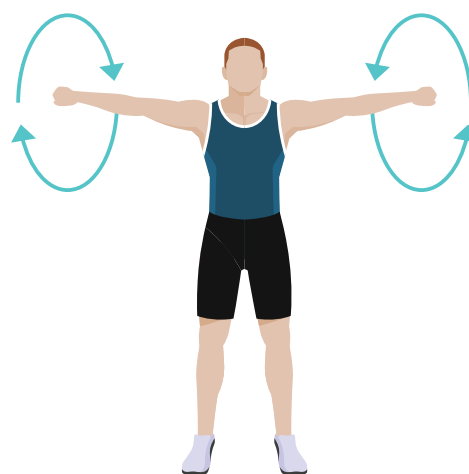
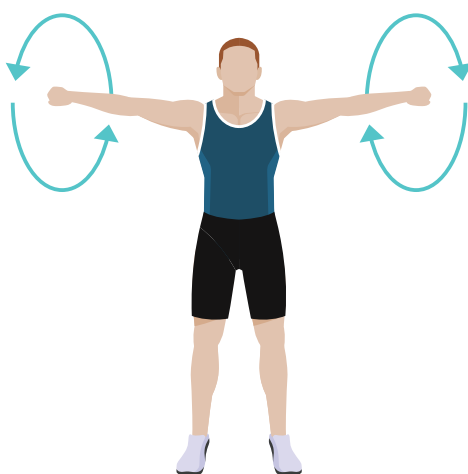


1

## Arm Circles



Start with feet shoulder-width apart, and lift your arms out straight to the sides of your body. Draw large circles with your arms in a forward motion and slowly make the circles smaller. Repeat this movement by moving your arms in a backwards motion.

**Seated****Standing**

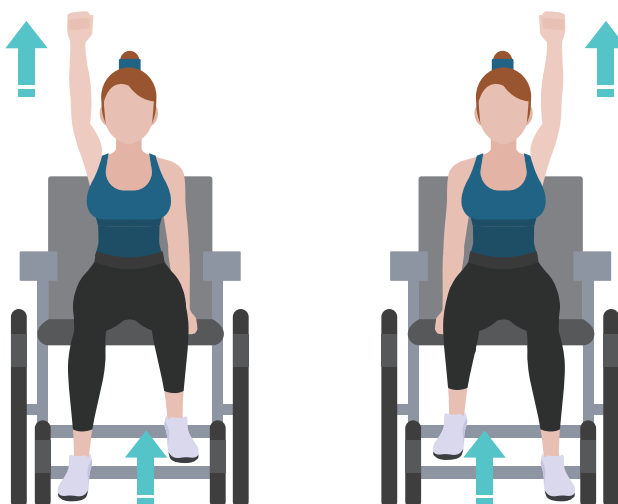
2

## Ladder Climb

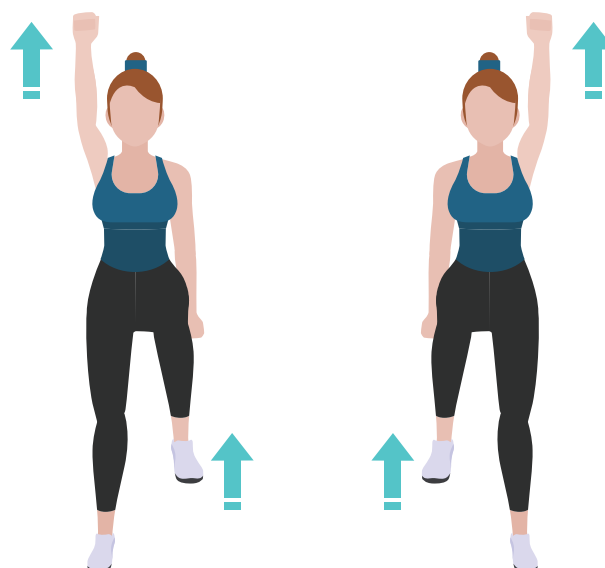


Start with your feet shoulder-width apart and arms by your side. Lift your left knee up to hip height and extend your right arm above your head and then lower both. Then lift your right knee up to hip height and extend your left arm above your head and then lower both. Repeat this movement at a speed suitable to you as if you are climbing a ladder.

Seated



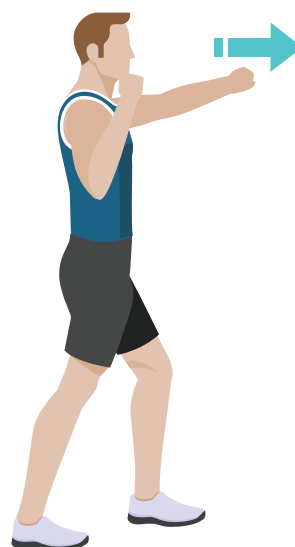
Standing



3

## Punch

Start seated, or in a split stance with one foot in front of the other, knees slightly bent and with both feet pointing forwards. Lift your hands up to in front of your face, fists closed and begin to punch out in front of you alternating arms.

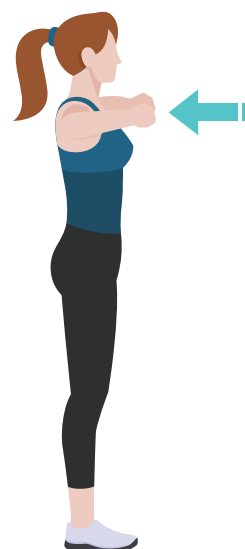
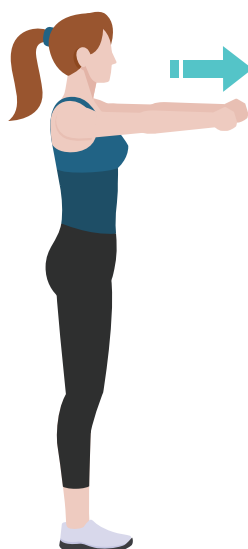
**Seated****Standing**

4

## Row



Start with your feet shoulder-width apart, with a slight bend in the knees. Raise both arms directly out in front of you with your palms facing down and form a fist. Pull both arms back towards your body in a rowing motion at the same time so your elbows are in line with your shoulders. Now push your arms away from your body so they are straight out in front of you and repeat the movement.

**Seated****Standing**

5

## Overhead Punches



Start seated, or in a split stance with one foot in front of the other, knees slightly bent and with both feet pointing forwards. Lift your hands up to in front of your face, fists closed and extend/straighten your right arm towards the sky punching upwards. Complete the movement with your left arm and continue alternating arms.

Seated



Standing

