

Exercise Circuit

Boxercise – Circuit 2

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

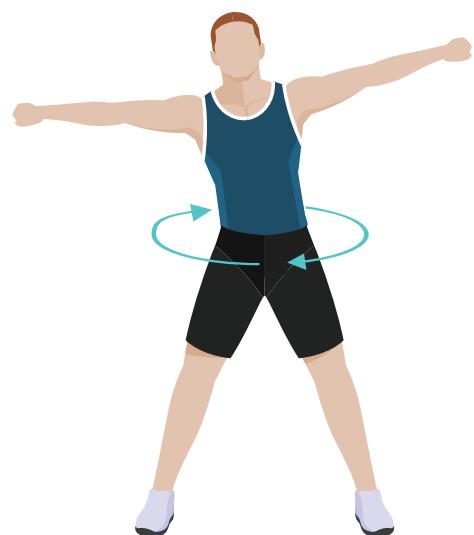
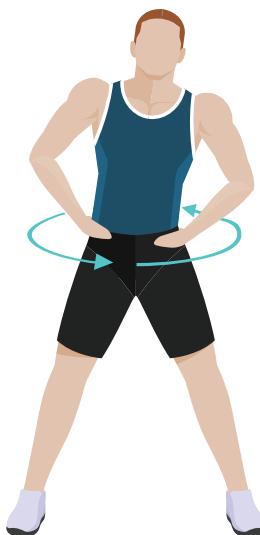


1



Hip Circles

With your hands on your hips, spread your feet beyond shoulder-width apart. Move your hips clockwise in a circle 5 times, then repeat 5 times anti-clockwise. Repeat with your arms extended out level with your shoulders.

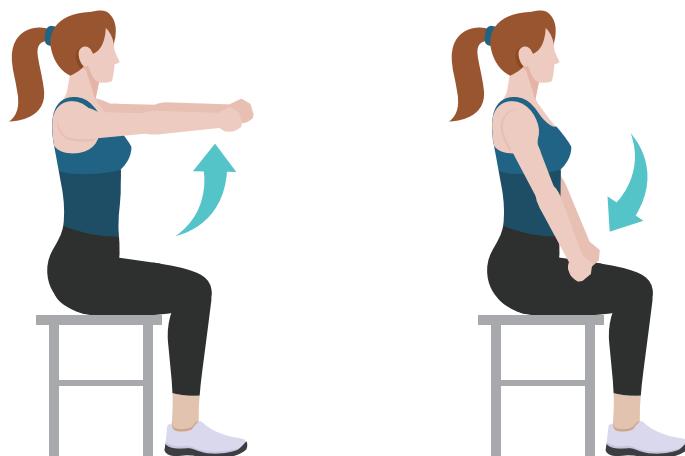
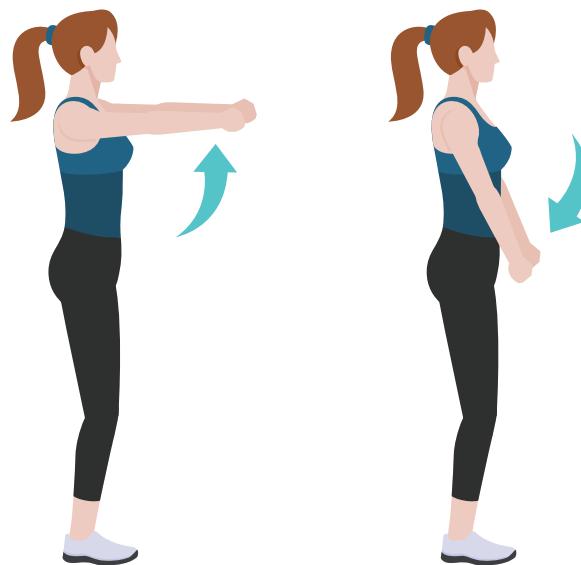
Seated**Standing**

2



Frontal Raise

Start with your feet shoulder-width apart and arms down in front of your body with your hands in a fist. Keeping your arms straight, raise your arms out in front of your body to shoulder level and then lower arms to your sides again.

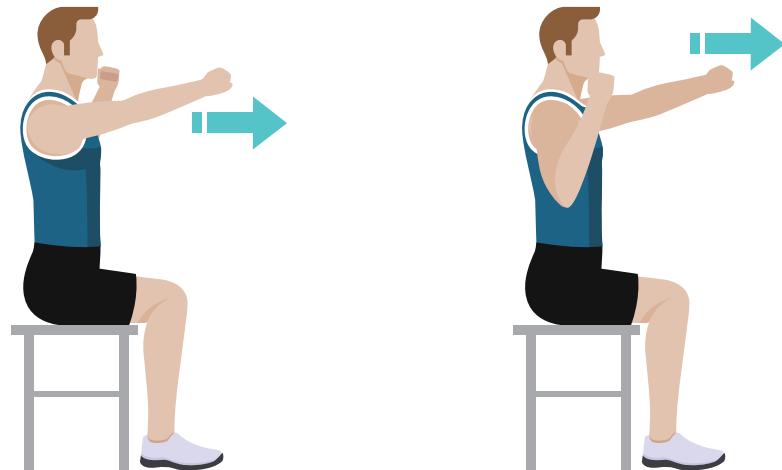
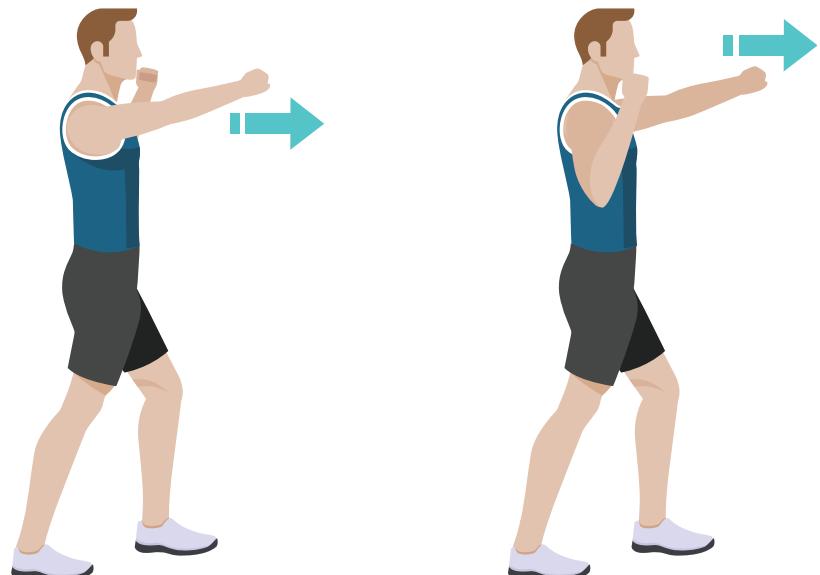
Seated**Standing**

3

Punch



Start in a seated position, 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**

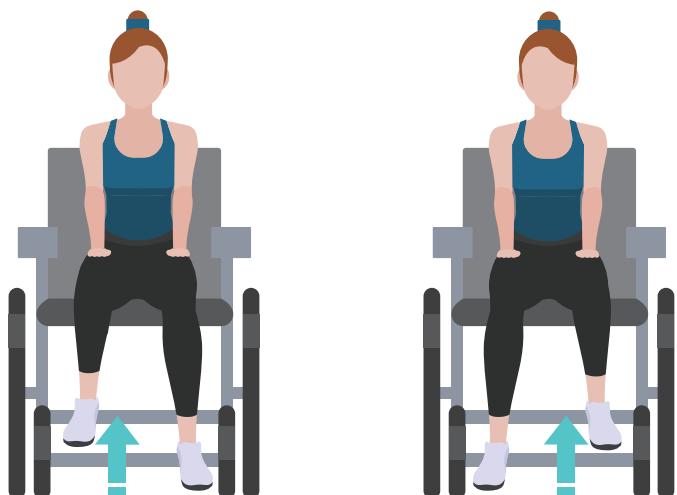
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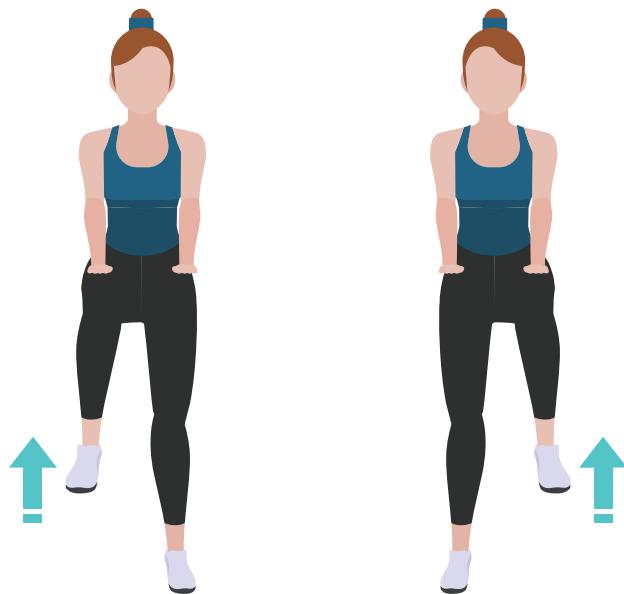
High Knees

Start by raising your hands out in front of you at hip height. Lift your right knee up to hip height, touching your right hand and lower your leg to the ground. Then lift your left knee to touch your left hand and lower. Continue this movement alternating legs at a speed suited to you.

Seated



Standing

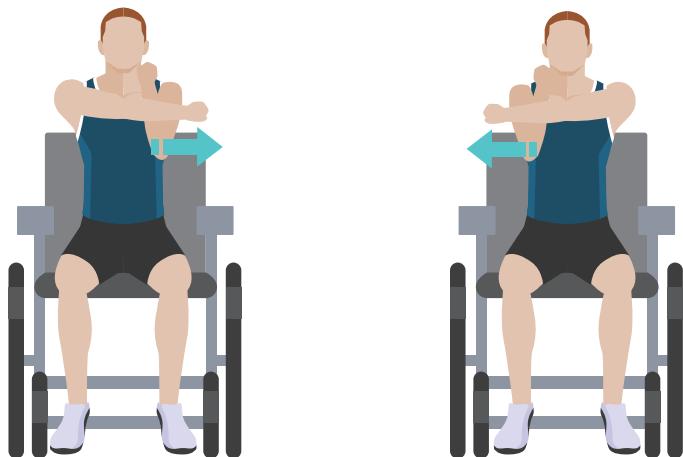


5



Cross Body Punch

Start with your feet shoulder-width apart. Make fists with your hands and bring your hands up in front of your chin. Punch out with your right arm, reaching across your body to the left. Pull your arm back to in front of your chin and repeat this action with your left arm, reaching across your body to the right. Repeat, this movement alternating arms.

Seated**Standing**