

Boxing Bells Fitness – Free Beginners At-home Boxing for Fitness Program

This plan assumes:

- No boxing experience
 - Average fitness (or restarting after a break)
 - Training at home, no equipment
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4-Week Beginner Boxing Plan

Weekly Schedule

- **Day 1:** Boxing
- **Day 2:** Rest / walk
- **Day 3:** Boxing
- **Day 4:** Rest
- **Day 5:** Boxing (optional after Week 2)

Start with **2 days/week**, build to **3 days/week**

WEEK 1–2 (Foundation Phase)

Focus: learn movements, build coordination, avoid soreness

Workout (20–25 mins)


Warm-Up (5 mins)

- March in place – 1 min
 - Arm circles – 1 min
 - Torso twists – 1 min
 - Gentle shadowboxing – 2 mins
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Boxing (Main – 10–12 mins)

Format:

 20 sec work / 40 sec rest

 6 rounds total

Rounds

1. Jab (slow, controlled)
2. Jab + Cross
3. Jab + Cross (repeat)
4. Add light movement (step forward/back)
5. Freestyle (very light)
6. Repeat favourite round

💡 Tip: Go at **50–60% effort**. This should feel easy.

💪 Light Strength (5–8 mins)

- Chair squats – 8–10 reps
- Wall push-ups – 8–10 reps
- Standing core twist – 10 each side

👉 1–2 rounds only

🧘 Cool Down (3–5 mins)

- Stretch shoulders, calves, hamstrings
 - Slow breathing
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📅 WEEK 3–4 (Build Confidence)

Focus: slightly longer rounds, better flow

🕒 Workout (25–30 mins)

🥊 Boxing (Main – 15–18 mins)

Format:

👉 30 sec work / 30 sec rest

👉 8 rounds

Rounds

1. Jab
2. Jab + Cross
3. Jab–Cross–Hook (slow)

4. Movement + Jab
5. Freestyle
- 6–8. Repeat

💡 Effort: **60–70%**, still not all-out

Strength (Optional Upgrade)

- Chair squats – 10–12
- Incline push-ups – 10
- Plank – 15–25 sec

👉 2 rounds

Technique Basics (Keep it simple)

Stance

- One foot slightly back
- Hands up near face
- Relax shoulders

Jab

- Straight out, quick return

Cross

- Rotate hips slightly
- Don't overreach

👉 Think: **“fast and light”**, not hard

Safety Tips (Important for Beginners)

- Stop if you feel **sharp pain** (especially shoulders)
- Keep punches controlled (no locking elbows)
- Stay hydrated
- Rest days matter more than pushing hard

What Progress Should Feel Like

By end of Week 4:

- Less puffed during rounds
 - Better coordination
 - More comfortable moving while punching
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Simple Goal

Don't aim to be "fit" yet—aim to be **consistent**.

Even **2 short sessions per week** is a win.