

## Boxing Bells Fitness – Free Seniors Boxing Workout Program

A boxing-for-fitness routine can work really well for seniors—it improves **balance, coordination, cardio health, and confidence**—as long as it's **low-impact, controlled, and safe**.

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### **Boxing for Fitness (Seniors – Beginner, At Home)**

#### **Goals**

- Improve mobility and balance
- Light cardio (heart health)
- Maintain strength and coordination

 This is about **feeling better**, not pushing hard.

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#### **Weekly Plan**

- **2–3 days per week**
  - Sessions: **15–25 minutes**
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#### **Warm-Up (5–7 mins)**

Go slow and gentle:

- March in place (or seated march) – 1–2 mins
- Shoulder rolls – 1 min
- Arm circles – 1 min
- Gentle torso twists – 1–2 mins
- Light shadowboxing – 1–2 mins

 Hold onto a chair if needed

## **Boxing Basics (Keep It Simple)**

### **Stance**

- Feet shoulder-width
- Slight bend in knees
- Hands up comfortably

### **Main punches**

- Jab (front hand)
- Cross (back hand)

 No need for hooks/uppercuts at first

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## **Main Workout (10–15 mins)**

### **Option A (Very Beginner)**

**20 sec work / 40 sec rest (5–6 rounds)**

Rounds:

1. Jab only
2. Jab + Cross
3. Repeat
4. Light freestyle
5. Repeat

 Effort: **easy to moderate (you can still talk)**

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### **Option B (Progress After 2–3 Weeks)**

**30 sec work / 30 sec rest (6–8 rounds)**


Add:

- Gentle stepping forward/back
- Light side-to-side movement

### **Light Strength (Optional but Recommended)**

Helps prevent falls and maintain independence:

- Sit-to-stand (chair squats) – 6–10 reps
- Wall push-ups – 6–10 reps
- Heel raises – 8–12 reps

 1–2 rounds only

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### **Cool Down (5 mins)**

- Deep breathing
  - Gentle stretching (arms, calves, legs)
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### **Safety First (Very Important)**

- Move at **50–60% effort max**
  - Avoid fast twisting if balance is limited
  - Stop if dizzy, short of breath, or in pain
  - Keep a chair or wall nearby for support
  - Wear supportive shoes
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### **Seated Version (If Needed)**

Everything can be done seated:

- Seated punches (jab, cross)
- Seated marching
- Light torso rotation

 Great for limited mobility days

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### **Progress Goals**

After a few weeks:

- Better balance
- Less fatigue
- More confidence moving



**BOXING BELLS**  
FITNESS

### **Keep It Enjoyable**

- Put on music
- Keep sessions short
- Focus on consistency, not intensity