

## Boxercise

Working in 1's, 2's or 3': - Partner 1 will shadow box (through gentle 'air' punches maintaining high arms and guard), Partner 2 will count punches, Partner 3 will complete as many reps as possible of exercise below.

2 Minute stations and rotate.

Exercise	Reps
Press Ups	x10 or MAXIMUM
Squats	x10 or MAXIMUM
Lunges	x10 (5 on each foot)
Plank	30 seconds or MAXIMUM
Sit-Ups	x10 or MAXIMUM

### Remember!

No punching each other, this is called shadow boxing and is a non contact exercise.

These exercises can be done with minimal equipment and space.

All our exercises contribute to your 30 Days of Fitness challenge

Write down your score on your 30 Days of Fitness Sheet and try and beat it next time!

Good Luck

**And Don't Forget to Wash Your Hands after!**