50 BOXING COMBINATIONS
LOSE 50KG . . .
AND KEEP IT OFF
Boxing is one of my favourite ways to exercise. But continuous two minute rounds of the same punches makes even the most ardent boxing lover (me!) want to quit.

Boxing training for weight loss is also quite different to boxing training for a fight. If you are trying to lose weight, you want to use as much energy as you can. If you are preparing for a fight, you want to try to punch while still conserving energy.

Apart from the boredom factor, I have found that one of the other biggest difficulties in boxing for weight loss is combinations which are too complicated to remember. If you can’t keep a good rhythm and have to keep stopping and starting, then less calories are burnt. These combos are simple to learn, build upon each other, and work the entire body. I hope you have even half as much fun doing them as I have over the years!

Here are my favourite boxing combos that help you burn calories without boredom:

1. Warm Up (100 jabs & crosses + 100 uppercuts + 100 hooks. Begin with a lower number of each if less fit.)
2. Left, Right, Left, Hook (left jab, right cross, left jab, right hook)
3. Left, Right, Left, Hook, Duck (left jab, right cross, left jab, right hook, duck)
4. Left, Right, Left, Hook, Duck, Upper Cut, Upper Cut (left jab, right cross, left jab, right hook, duck, left upper cut, right upper cut)
5. Elbow, Elbow, Knee, Knee (right elbow, left elbow, 2 right knees, 2 left knees). Best done with a kickboxing shield.
7. Elbow, Elbow, Hook, Hook, Uppercut, Uppercut (right elbow, left elbow, right hook, left hook, right uppercut, left uppercut). Best done with a kickboxing shield.
8. Jabs, Right, Hook, Hook (3 left jabs, 2 power right, left hook, right hook)
9. Jabs, Left, Hook, Hook (3 right jabs, 2 power left, right hook, left hook)
10. Punches plus Power (left jab, right cross, left hook, right hook, duck, take a step back, power right punch)
11. Jabs, Elbows, Kicks 1 (10 left jabs, 10 right elbows, 10 left kicks)
12. Jabs, Elbows, Kicks 2 (10 right jabs, 10 left elbows, 10 right kicks)
13. Elbows & Knees (20 elbows on kickboxing shield, 10 right knees, 10 left knees)
14. Right, Right, Left, Left (right jab, right elbow, left jab, left elbow)
15. Left, Left, Right, Right (left jab, left elbow, right jab, right elbow)
16. Left, Right, Right, Left (left jab, right elbow, right jab, left elbow)
17. Right, Left, Left, Right (right jab, left elbow, left jab, right elbow)
18. Endurance Punching (100 punches – little, short, fast, not much power – best done on kickboxing shield)
19. Power Hooks (ten big hooks right side – to kickboxing shield – then repeat with ten big hooks left side)
20. Power Hooks plus Endurance 1 (one left power hook, one right power hook x 20 – to kickboxing shield – following by 100 endurance punches. Repeat x 3.)
21. Power Rights plus Endurance 2 (ten power rights – to kickboxing shield – following by 100 endurance punches. Repeat x 3.)
22. Power Lefts plus Endurance 3 (ten power lefts – to kickboxing shield – followed by 100 endurance punches. Repeat x 3.)
23. Knees, Kicks, Endurance (one left knee, one right knees, one left kick, one right kick x 20 – followed by 100 endurance punches. Repeat x 3.)
24. Endurance Elbows (50 elbows – alternating sides)
25. High, Low Left (one left kick, then one left high kick x 20)
26. High, Low Right (one right kick, then one right high kick x 20)
27. Inside, Outside, High Left Lead (one left kick to inside of trainer’s leg, one right kick to outside of trainer’s leg, one high right kick x 20)
28. Inside, Outside, High Right Lead (one right kick to inside of trainer’s leg, one left kick to outside of trainer’s leg, one high left kick x 20)
29. Double Kicks (one right kick followed by one left kick – very fast – trainer to hold two kickboxing shields)
30. Lunge Kicks Left (right leg is forward, left leg is back, lower body toward the ground so that left knee nearly touches the floor, come up out of the lunge and do a straight kick with your left leg x 20)
31. Lunge Kicks Right (right leg is forward, right leg is back, lower body toward the ground so that right knee nearly touches the floor, come up out of the lunge and do a straight kick with your right leg x 20)
32. Punches and Crunches (these can be done on the floor, perhaps with the trainer standing on your toes, on a bosu, or on an incline bench, which is the most difficult – but effective – option)
Crunch and Punch Left (crunch up and power left, lower back down and repeat)
Crunch and Punch Right (crunch up and power right, lower back down and repeat)
Alternating Crunch and Punch (crunch up and power left, lower back down then crunch up and power right, repeat)
Crunch and Hook Left (crunch up and hook left, lower back down and repeat)
Crunch and Hook Right (crunch up and hook right, lower back down and repeat)
Alternating Crunch and Hook (crunch up and hook left, lower back down then crunch up and hook right, repeat)
Continuous Crunch and Punch (crunch half way up, hold your abs in that position and alternate left jabs and right crosses for 20)
Continuous Crunch and Hook (crunch half way up, hold your abs in that position and alternate left and right hooks for 20)
Pyramid Punch and Crunch (this looks complicated on paper but is actually easy to master. The main thing to remember is that after the first crunch you do two punches, after the second crunch you do four punches, after the third punch you do six punches, etc, for example:
Step one: crunch up, left jab, right cross, lower back down
Step two: crunch up, left jab, right, cross, left jab, right cross, lower back down
Step three: crunch up, left jab, right, cross, left jab, right cross, left jab, right cross, lower back down, etc.)
Pyramid Punch and Hook (this is exactly the same as the option above, only swap the jabs and crosses for hooks. It’s great for the obliques, which are the muscles at the side of your waist.)
Left Power Pyramids (one power left punch, two power left punches, three power left punches, four power left punches, five power left punches, three power left punches, two power left punches, one power left punch)
Right Power Pyramids (one power right punch, two power right punches, three power right punches, four power right punches, five power right punches, four power right punches, three power right punches, two power right punches, one power right punch)
Left Arm Exhaustion (left jab, left jab, left jab, left hook, left jab, left upper cut)
Left and Right Arm Exhaustion (left jab, right jab, left jab, right hook, left jab, right upper cut)
Miss and Pay (duck and left jab, duck and right cross – repeat x 20)
Miss and Pay Elbows (duck and left elbow, duck and right elbow – repeat x 20)
Slips and Hooks (slip left, slip right x 10, hook left, hook right x 10. Repeat for three sets and substitute other types of punches – eg jabs and crosses or uppercuts – if desired.)

Left, Right, Left and Stepping Hooks (left jab, right cross, left jab, take a step forward while you right hook, take a step forward while you left hook, take a step forward while you right hook. Reset and repeat x 10)