


Boxing/Bodyweight Strength At Home Workout Routine

If you don't have access to any equipment and want to get fit at home, or you're a boxer in your off-season who wants to maintain their fitness, you can use this workout routine. You can do this workout routine on Monday, Tuesday, Wednesday, Thursday & Friday. Increase Sets and Reps for the Bodyweight Strength Exercises for each workout as you feel comfortable. You can use variations of exercises to challenge yourself. For example, replacing Squats with Hindu Squats and Push Ups with Diamond Push Ups and so on.

Day 1: Bodyweight Strength Circuit

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- Squats: 3 - 6 Sets of 15 - 25 Reps
 - Push Ups: 3 - 6 Sets of 10 - 15 Reps
 - Lunges: 3 - 6 Sets of 5 - 10 Reps Each Leg
 - Supermans: 3 - 6 Sets of 10 - 15 Reps
 - Sit Ups: 3 - 6 Sets of 10 - 25 Reps
 - Leg Raises: 3 - 6 Sets of 10 - 25 Reps
 - Russian Twists: 3 - 6 Sets of 10 - 25 Reps

Day 2: Shadowboxing

Day 3: Shadowboxing

Day 4: Bodyweight Strength Circuit (Repeat Day 1)

Day 5: Shadowboxing

Day 6 & 7: Rest or Active Rest

For a guide on how to build your shadowboxing workouts see:
<https://liftingmantis.com/ultimate-guide-to-shadowboxing-workouts/>

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