

20-Minute Punching Bag Workout

1 Warm up

2 minutes and 30 seconds

2 Jab, cross, squat

45 seconds work, 15 seconds rest

3 Cross punches (dominant side)

45 seconds work, 15 seconds rest

4 Cross punches (non-dominant side)

45 seconds work, 15 seconds rest

5 Side-kick punch combos

90 seconds work, 30 seconds rest

6 Lunge, kick and jab, cross [then: jab, cross]

45 seconds work, 15 seconds rest

7 Hooks

(dominant side)

45 seconds work, 15 seconds rest

8 Hooks

(non-dominant side)

45 seconds work, 15 seconds rest

9 Burpee with pushup, straight punches, hooks

45 seconds, 15 seconds rest



Heavy Bag Training Guide

Michael Hoelscher

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Heavy Bag Training Guide:

Heavy Bag Training Guide Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Heavy Bag Training Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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