

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

Christian Drosten



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