

# VR BOXING WORKOUT



## BY VR MARVELITES



### WARM-UP:

[30 MINS]

1. DYNAMIC STRETCHING [\[WHOLE BODY - 5-MIN\]](#)
2. JUMPING JACKS/JUMP ROPE [\[2 MIN. - 1 MIN REST - 2 MIN.\]](#)
3. SHADOWBOXING: CHOOSE A BOXING COMBO - JAB-UPPERCUT-JAB - [\[1 MIN PLAY - 30 SEC REST X3\]](#)
4. CONDITIONING: 5 BURPEES/SPRINTS, 5 SIT-UPS, 5 PUSH-UPS, 5 LUNGES, AND 5 SQUATS. 30 SECONDS REST - [\[REPEAT X3\]](#)
5. FOOTWORK: SIDE STEPS AND FORWARD-AND-BACK STEPS - [\[3 MINUTES\]](#)
6. BEAT SABER - [\[10 MINUTES\]](#)

### TRAINING:

[10-15 MINS]

WE PREFER KNOCKOUT LEAGUE BECAUSE IT HAS THE BEST TRAINING!

### FIGHTING:

[30 MINS OR AS MUCH AS YOU WANT]

YOU CAN CHOOSE FROM ANY OF THE BOXING VR GAMES.

### ACTIVE COOLDOWN:

CORE EXERCISES - WE PREFER CHRIS HERIA'S CORE WORKOUT [\[https://www.youtube.com/watch?v=yVQF\\_Vr\\_XCE\]](https://www.youtube.com/watch?v=yVQF_Vr_XCE)

### TOTAL TIME:

1 HOUR 30 MINS