Pottstown Karate and Fitness Club **Boxing Program** **Training Log**

Name _____

Week Ending _____

Weekly Goal _____ Mondays Weight _____

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Reps	Exersize	Reps	Exersize	Reps	Exersize	Reps	Exersize	Reps	Exersize	Reps	Exersize	Reps	Exersize
								Rest		Run		Rest	

Bag work		Bag work		Bag work		Bag work	
	Heavy Bag		Heavy Bag		Heavy Bag		Heavy Bag
	Upper Cut		Upper Cut		Upper Cut		Upper Cut
	Speed Bag		Speed Bag		Speed Bag		Speed Bag

Diet - Do,s and Don'ts

Conditioning Instructions

Be honest, work hard, you will get knocked down, get back up!