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### **Crossfit Workouts for Boxing Conditioning - RossTraining.com**

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### **Circuit Training for Boxing | Can You Do This Workout? | Bootcamp Conditioning**

Crossfit gyms, like boxing gyms, have little quality control. If the guy running the show is an idiot then the training will be dangerous. Think of the vid of the 2 guys standing on exercise balls tossing each other a barbell.

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### **Books by P. Selter (Author of Cross Training Wod Bible)**

Boxing HIIT Workouts - Sport Specific Training. To get the most out of your boxing HIIT workouts, you need to understand the importance of sport-specific training. Now, depending on whether your an amateur or pro will depend on the separate work to rest ratios that need to be considered when structuring your training routine.

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I like the whole idea of crossfit for variety and strength but I wouldn't following the WOD stuff directly as it's not 100% relevant for boxing. I do like some of the routines though (as below and tell me what you guy think of encourparting them in to boxing and maybe as part of my roadword etc instead of just running): Workout A (no specific sets)

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