



MUHAMMAD ALI WORKOUT TIMETABLE

1

Warm-up

15 minutes

- . Side to side
- . Torso swivels
- . Jumping around on toes

2

Shadow Boxing

15 minutes

- . 5 x 3minute rounds
(30 sec rest in between rounds)

3

Heavy Bag

18 minutes

- . 6 x 3-minute rounds
(30 sec rest in between rounds)

4

Sparring

Use various sparring partners and increase rounds gradually

5

Callisthenics

15 minutes

- . Sit-ups in bicycling motion
- . Sit-ups with a medicine ball
- . Leg raises

6

Speed Bag

9 minutes



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