



STRENGTH TRAINING AND CONDITIONING IN BOXING

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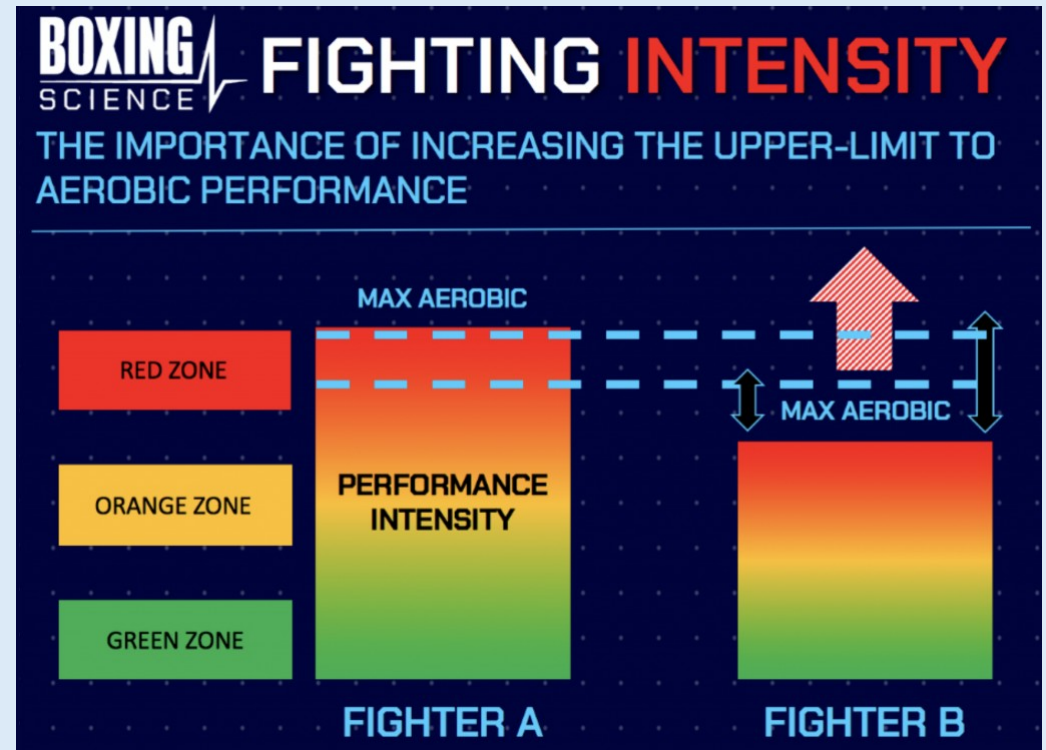
CHARACTERISTICS OF BOXING

- Physicality.
- Technique.
- Weight classes.
- Rules and regulations.
- Mental toughness.



PHYSICAL DEMANDS

- High VO2 max levels.
- Strength and power.
- Speed and agility.
- Flexibility and mobility.
- Coordination and mobility.
- Balance and stability.



PREPARATION OFF-SEASON

- Cardiovascular conditioning.
- Strength training.
- Exercises to improve reaction speed, agility and hand-eye co-ordination.
- Boxing technique.
- Stretching and mobility exercises



TRAINING DURING COMPETITION

- Skills sharpening.
- Controlled sparring.
- Specific cardiovascular conditioning exercises.
- Maintaining strength and power.
- Tactical and strategic work.
- Mental training and focus.



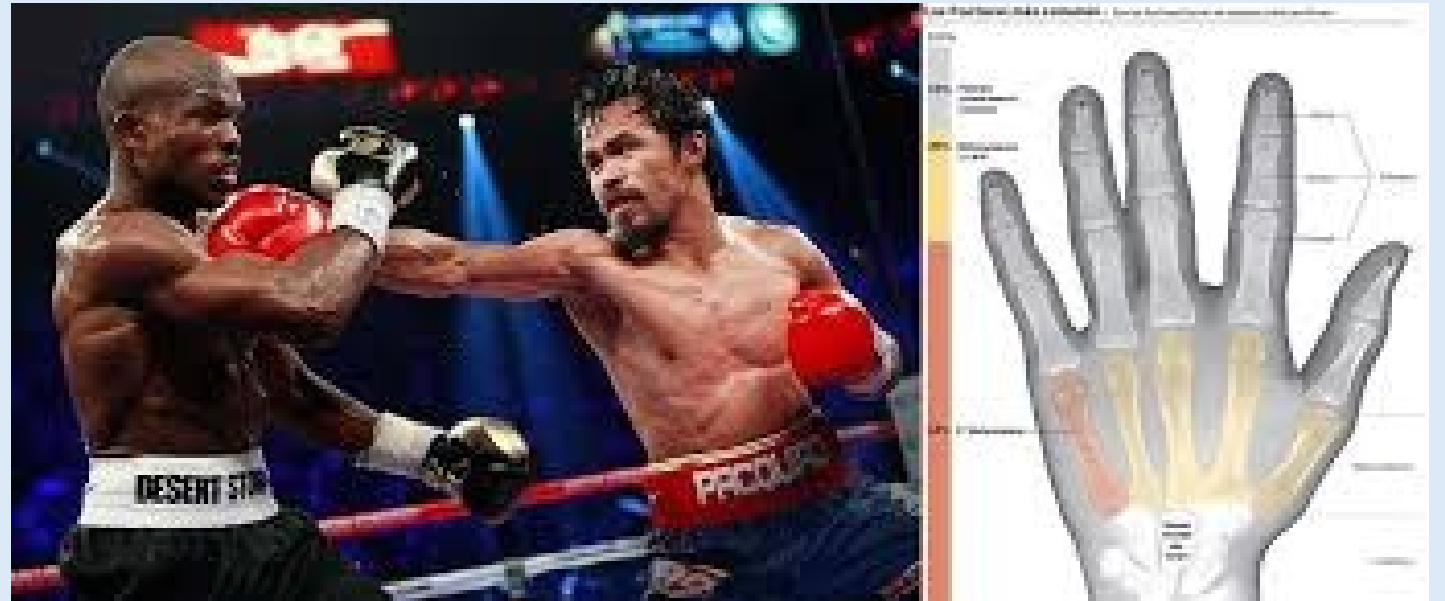
SOME OF THE BESTS EXERCISES FOR BOXERS

- Skipping rope.
- Climbing up and down stairs.
- Punching bag.
- Chest openings.
- Shadow boxing.



MOST COMMON BOXING INJURIES

- Finger and wrist injuries.
- Injuries to the mouth and teeth.
- Bruises.
- Bone fractures.
- Facial and eye injuries.
- Muscle and joint injuries.



HOW TO PREVENT INJURIES

- Good warm-up, not only for wrist and hand, but also for upper and lower limbs.
- A good physical preparation before starting this sport.
- Hand wrapping is fundamental and essential when it comes to preventing carpal injuries.
- Gloves, it is important to put yourself in the hands of specialists to see the impact absorption.
- Wear a mouth guard and helmet when sparring.
- Shoes to avoid ankle sprains, and to be able to work on the toes.

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