



# ULTIMATE INTERVAL TRAINING FOR ULTIMATE FAT LOSS

By Sean Everingham Photos By Arsenik Photography  
Model Sean Everingham

Looking to take your training to the next level? Looking to burn maximum body fat, lose unwanted pounds, improve your athletic ability and functionality, build real world skills and have fun while doing it? In a society as fast paced as ours, where many of us are time constrained and lack the attention span to engage in long repetitive activities, it would be perfect if we could engage in a short burst workout that could accomplish everything mentioned above. Well, I have just the workout for you and it comes from the world's finest athletes, boxes (based on studies by scientists with the US Olympic Committee that assessed several aspects of athleticism). While boxing boot camps and boxing aerobic classes have been around for quite some time, this workout is not only set up differently, but is also an actual boxing workout. I put the competitive boxes I train through these kinds of workouts to build up their stamina for an actual bout while giving them some variety in their training. After trying this type of workout on myself in order to get in shape for a bodybuilding contest I did at my last show, I have begun also putting some of my fitness competition through it as well.

**THE WORKOUT**  
The routine I am outlining here is a finisher for an entire workout. For boxers and combat athletes, I will take them through a standard workout consisting of skipping, calisthenics, bag work, skills and sparring. For fitness athletes and experienced enthusiasts looking for an excellent fat-burning effect, I use this workout to replace the more drawn out, monotonous cardio they would normally finish off a weight training workout with. More details on technique will

be included as I describe the various rounds, but for the besting specific rounds, I want you to remember the rules of boxing: Hands Up! Chin Down! Elbows In! For the purposes of photography my hands are held a little low; I want your hands at the level of your eyebrows. Also, keep your chin down when throwing a punch. By keeping your hands up and chin down, you are protecting your

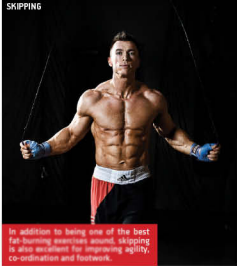
jaw and in real life situations whether in sport or a self-defense situation, you don't want to get tagged in the jaw because it normally means you'll be taking a nap...on the ground. By keeping your elbows in, you protect your body, increase your punching speed and are less likely to let your punches flail about. For the conditioning rounds, it's less about technique and more about speed. While I

don't want people flailing about on these drills with airless technique either, these rounds are not about targeting specific muscle groups, they are about total body metabolic training meant to test the limits of the cardiovascular system and build up a tolerance to lactate build-up. Each round outlined in this article can be two or three minutes and the rest period between each round can be 30

This boxing based interval workout will help you burn fat, improve athletic ability and build real world skills.



#### SKIPPING



In addition to being one of the best fat-burning exercises around, skipping is also excellent for improving agility, co-ordination and footwork.

seconds to one minute. For the combat athletes I train, the time will be the same as the length of rounds in their bout and for the fitness competitors and enthusiasts, the length of round and rest period depends on their conditioning, the weight training workout that preceded it, and the diet they are following. The round is best timed with an actual boxing timer that can be set for your specific work and rest intervals. Okay so we're ready to go, so let's get to it!

#### SKIPPING

Skipping is one of the best cardiovascular and fat-burning exercises around. Furthermore, it is excellent for improving agility, co-ordination and footwork. The only excuse to go at a dilly-dally pace is if you're just learning, but once you get the hang of it, you are expected to include double-unders (rope goes under you twice in one jump), cross-overs and alternate knee high jumps. Those are just a few of the intensity variations you can do with skipping.

#### SPEED PUNCHING



Once you get the hang of it, go as fast as possible for 30 seconds, rest for 30 seconds and repeat until the round is over.

#### SPEED PUNCHING

When done right, this drill will not only increase your hand speed significantly, but will also really give your metabolism a kick! To do it, stand in front of a heavy bag with feet at hip width and hands up. Begin pumping your knees up and down, like you're running on the spot and get your hands punching the bag in sync with your leg movement (when one knee is up, the opposite hand hits the bag). To know whether you are standing in the right angle, your arms should be nearly straight by the time they contact the bag. Once you get the hang of it, go as fast as possible for 30 seconds, rest for 10 seconds and repeat until the round is over.

#### TIRE FLIPS AND JUMP THROUGHS

This is as brutal as it gets when trying to always beat your previous best. Get a tire suitable for your size and pick it up from one side, keeping your back straight, chin up and chest out and flip the tire over. Then jump onto one side of

#### TIRE FLIPS AND JUMP THROUGHS



This drill will improve your strength, agility, stamina, and will test the limits of your determination.

the tire, then in the middle, the other side and to the floor on the opposite side you started. Run back to your starting position and repeat. Always try to reach your personal best with the number of flips and jumps through in the round. This drill will improve your strength,

agility, stamina and will test the limits of your determination.

#### BODY PUNCHING

This drill is great, not only for serving the metabolic engine, but also for getting out some frustration. The rotational component of this movement

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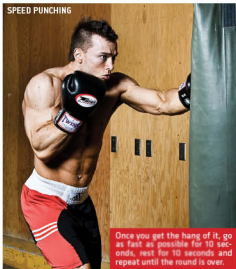
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## PARTNER DRILLS

### FOCUS MITTS

Focus mitts are great for improving punching accuracy, speed and reaction time. Basically the pad holder will mimic the boxer, standing in the same stance and rotating in the same way the boxer does so they get a workout as well. The difference is that the pad holder will not throw out their hands, but will rather keep the pads fairly close to them making it possible for them to always be faster than the boxer. Practice moving around and doing creative combinations.

### MEDICINE BALL PASSES

This is also a great drill to do with a partner. Do not do this drill with maximum concentration as in a standard ab workout. At the same time don't just let legs go out the window. Remember we are going for a metabolic workout so get the ball tossed between partners as many times as possible in the round. You will stimulate a metabolic response and you will feel your abs.

### EXERCISE SELECTION AND PROGRESSION

For boxers and other competitive combat athletes, I will pick 3 exercises and make the round length the same as it would be in their actual bout. The only progression is making each round more and more intense and making the workout that precedes it harder. This is simply because I want to train them for the intensity they should be using for their bout. For those using the workout for shedding body fat, a good progression schedule is illustrated in the chart above.

**Week 1:**  
3 rounds of 2 minutes;  
1 min between rounds

**Week 2:**  
4 rounds of 2 minutes;  
1 min between rounds

**Week 3:**  
5 rounds of 2 minutes;  
1 min between rounds

**Week 4:**  
6 rounds of 2 minutes;  
1 min between rounds

**Week 5:**  
6 rounds of 2 minutes;  
30 sec between rounds



From there you can begin the same progression over with 3 minute rounds. As stated in the beginning, your progression should be dictated by your conditioning, the weight training workout preceding this workout and the diet you're following.

Ensure you are not overtraining to avoid losing muscle and avoid injury. When planned and done correctly, this will be one of the most intense, result producing workouts in your repertoire while helping you develop functional athleticism and real world applicable skills.



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