

# KING BACH WORKOUT ROUTINE



Bonus PDF File  
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# KING BACH WORKOUT ROUTINE

## Training Volume:

One Day of Training (To Be Repeated)

## Explanation:

This is currently King Bach's training style from home that he shared with *Men's Health*. He normally trains in a boxing gym, but this is what he is utilizing while being stuck at home during COVID-19.

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## King Bach Workout: No-Equipment Boxing Workout

### Warm Up:

20 Toe Rocks

20 Jumping Jacks

### Core Circuit:

Plank to Push Up to Half Burpee (Jump Feet Up and Back) x 30 seconds

Mountain Climbers x 30 seconds

Push Ups x 20 seconds

The Swim x 30 seconds

Reverse Sit Ups x 30 seconds

**Cardio Circuit:**

Jumping Jack x 4

Knee Raise x Left

Knee Raise x Right

Kick x Left

Kick x Right

Jumping Jack x Jab

Jumping Jack x Cross

*Repeat 12 Times*

**Boxing Circuit:**

*Follow Commands:*

1 = Jab

2 = Cross

3 = Hook

*Complete for 10 Straight Minutes*

**Finisher:**

Planks

3×60 seconds