

# FRANK GRILLO BOXING WORKOUT ROUTINE



Bonus PDF File  
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# FRANK GRILLO BOXING WORKOUT ROUTINE

## Training Volume:

Frank Grillo uses this training schedule on a daily basis but switches up his accessory work and constantly varies his training the same way we would within our Superhuman System (with the workout changing every single day).

## Explanation:

*Frank Grillo shared this workout (as mentioned above) with Muscle and Fitness, and they explain the programming as such:*

“Rounds last three minutes, and Grillo rests only 30 seconds between them. After hitting the heavy bag, Grillo rests five minutes before strength training. Sometimes he’ll perform a set of battling ropes between sets of strength exercises for a more active recovery. Grillo changes his workouts constantly, opting for whatever exercises he feels up to on a given day. He performs weight-training exercises for the entire body over the course of a week. Despite having impressive arms, Grillo does no direct arm training and credits his development to boxing.”

## 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.

## Frank Grillo Boxing Workout: Sample Schedule

**JUMP ROPE:** 6-10 minutes; Grillo varies his speed and steps

**SHADOW BOXING:** rounds: 3; holding 3-pound weights

**SPARRING:** rounds: 5; wearing 16 oz gloves

**MITT WORK:** rounds: 5; wearing 10 oz gloves

**HEAVY BAG:** rounds: 5; 3 minutes each\*

**SWISS BALL BENCH PRESS:** sets: 3; reps: 10

**SWISS BALL FLYE:** sets: 3; reps: 10

**GOBLET SQUAT:** sets: 3; reps: 10

**PULLUP:** sets: 3; reps: 10

**SWISS BALL PLANK:** sets: 1; reps: hold for time

**CRUNCH:** sets: 1; reps: 100