



COMBAT SPORT EVENTS

MAYWEATHER WORKOUT TIMETABLE

1

Shadow Boxing

12 minutes

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

2

Heavy Bag

30 minutes

. 10 x 3minute rounds
(depends on camp)

3

Speed Bag

6 minutes

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

4

Jump Rope

15minutes

. High Intensity

5

Floorwork

300 Total

. Sit-ups
. Leg raises
. Side to sides
. Medicine ball exercises
. Standup sit-ups
(trainer holds the legs, while Floyd stands up straight while shadowboxing, then sits down into a sit-up)
. Neck-strength exercises

6

Body Belt

9 minutes

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

7

Focus Pads

18 minutes

. 6 x 3-minute rounds
(Fast Combinations)