

YOUR PERSONAL TRAINER

Workout by knock out

You don't have to be a boxer — of the professional or amateur variety — to look like one, and we're not talking about having a busted lip. Aaron Drogoszewski, a trainer at Crunch on 13th Street, delivers the low-down on giving your bod a buff boxer look. This workout is based on Everlast's Art of Boxing class.

1 Proper "1-2" combination

In a balanced stance, begin by extending the fist of your lead shoulder straight forward. Concentrate on guiding the knuckles of the index and middle finger toward the "target" while keeping the elbow in. With a "whip-like" energy through the arm, exhale at the end of the punch. Pull the extended arm/shoulder back forcefully to propel the rear fist forward. Knuckle/elbow focus should remain the same as lead punch.



2 Squat to "1-2"

Keeping both fists at your cheekbones, perform a deep squat by bending at the knees, keeping strict posture and your eyes forward. The chest/eyes should never turn toward the floor. Using explosive energy, drive up from the squat position and immediately perform a "1-2" combination. Immediately return to squat and repeat for a set of 15-25.



3 Rope jump with cross over

Begin jumping rope as you would normally, keeping a moderate pace for about a minute to warm up and establish rhythm. To perform cross over, on the downward motion of the rope's rotation, cross your right hand over your left. Make sure both arms extend almost to full extension, and that both hands wind up wider than hip width.



4 Rotating side plank with oblique crunch

Lying in a side plank position, extend the free arm straight up. Rotate the entire trunk, tuck the free arm under the chest, reaching under and behind following the free hand with your eyes. While rotating back to original side plank position, place your free hand at your temple, draw the uppermost knee toward the head, making contact between knee and elbow. Repeat for 10-15 reps.



Step 1 of the proper "1-2" combination exercise as demonstrated by Crunch trainer Aaron Drogoszewski.
(Photo: Dennis H. Ho)



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