PUNCH BUDDY
PUNCH BUDDY
POPULAR
BOXING – INTERMEDIATE
48:20
CATEGORIES
MY WORKOUTS
MY PROFILE
PUNCHY McPUNCH
Name
Punchy McPunch
Total Workout Time
00:12:34:20
Email
Rest length
00:30
Sound
Bell ring
Interval Info
PUNCH BUDDY
MY WORKOUTS
BOXING – INTERMEDIATE
48:20
JUMP ROPE – BEGINNER
20:00
RUNNING – EXPERT
1:04:20
ADD WORKOUT
CUSTOM OR PRESET?
CUSTOM
Choose specific interval and rest times
PRESET
Pick from a variety of preset workouts
ADD WORKOUT
BOXING
Choose specific interval and rest times
SPARRING
Choose specific interval and rest times
RUNNING
Pick from a variety of preset workouts
CYCLING
Choose specific interval and rest times
JUMP ROPE
Pick from a variety of preset workouts
SWIMMING
Pick from a variety of preset workouts
OTHER
Don't see a sport here? Make your own
ADD WORKOUT
BEGINNER
Jabs, crosses, speed punches
INTERMEDIATE
Hooks, uppercuts, footwork
ADVANCED
Slips, pulls, weaves
ADD WORKOUT
BOXING – BEGINNER
48:20
INTERVALS
1/12 Jab, 01:00
2/12 Rest, 00:30
3/12 Cross, 01:00
4/12 Rest, 00:30
5/12 Jab + Cross, 01:00
6/12 Rest, 00:30
ADD TO MY WORKOUTS
PUNCH BUDDY
MY WORKOUTS
BOXING – INTERMEDIATE
48:20
JUMP ROPE – BEGINNER
20:00
RUNNING – EXPERT
1:04:20
BOXING – BEGINNER
36:20
RUNNING – EXPERT
01:00
Sprint
0:00:00
-1:03:20
INTERVAL
1/24
UP NEXT
Rest 0:30
ADD WORKOUT
INTERVAL STRUCTURE
STANDARD
All exercise intervals are of same length
CUSTOM
Pick different lengths for certain intervals
ADD WORKOUT
CUSTOM WORKOUT
Name
Sparring
Intervals
2
Sound
Bell ring
INTERVAL 1
Interval length
01:00
Rest length
00:30
Interval name
Interval info
INTERVAL 2
Interval length
01:00
Rest length
00:30
Interval name
Interval info
ADD TO MY WORKOUTS
PUNCH BUDDY
MY WORKOUTS
BOXING – INTERMEDIATE
48:20
JUMP ROPE – BEGINNER
20:00
RUNNING – EXPERT
1:04:20
SPARRING
03:00
RUNNING – EXPERT
INTERVAL INFO
SPRINT - run as fast as you can for a whole minute, after which you can rest up for 30 seconds.
Dismiss
INTERVAL
1/12
UP NEXT
Rest 0:30
ADD WORKOUT
CUSTOM WORKOUT
Name
Lifting
Intervals
12
Interval length
01:00
Rest length
00:30
Sound
Bell ring
Interval Info
ADD TO MY WORKOUTS
PUNCH BUDDY
MY WORKOUTS
BOXING – INTERMEDIATE
48:20
JUMP ROPE – BEGINNER
20:00
RUNNING – EXPERT
1:04:20
LIFTING
09:00