

SKIPPING

I usually do this at the beginning, or right at the end, but it's better to do it at the start because it warms up the whole body, it involves coordination and it's the best way of warming up without tearing any muscles. It gives you the rhythm of the training session, that's how I feel about it. I like to skip for six to 10 minutes, but I mix it up – whatever I feel comfortable doing.



DUMBBELLS

With the dumbbells you're building muscle and stamina and creating definition. Use weight according to your body weight. I would use between 500g and 1kg, but you don't want to be 120kg and using 500g. You do the unders, then you do the overs, then you hold your arms out in front of you. You're putting your body through a bit of pain. I do 30 over, 30 under and hold [out in front] for 30 seconds. I do three sets. In between you rest until you recover, then go again. Don't take too long a break. You've got to keep good form and really get into it. If you're doing them properly, you will really sweat.



FOCUS PADS

1 Sit-up with the coach standing on your toes. I come up one-two, back down; then come back up, one-four, up to 10. With the pads, it is good to have about a minute break between each one.



2 For the press-up one, come up and do one-two, go back down, come up and do four, and so on up to 10.



3 You're going up in twos, so you punch one-two, run backwards 10 yards and when you get back you throw the punches properly. Get up to 10 unders, break, then 10 overs.



THURSDAY

7AM Get up
7.30-7.45AM Run
8.45AM Sit-ups and stretching, shower
9AM Breakfast
1PM Lunch
6PM Gym: lots of pad-work and shadow boxing
8.30PM Dinner
11PM Bed

FRIDAY

7AM Get up
7.30-7.45AM Run, unless the trainer says not to
8.45AM Sit-ups and stretching, shower
9AM Breakfast
1PM Lunch
6PM Gym: sparring session
8.30PM Dinner
11PM Bed

SATURDAY

7AM Get up
7.30-7.45AM Run
8.45 Sit-ups and stretching, shower
9AM Breakfast
9.30AM Day off. I'll train Monday to Saturday, then have Saturday afternoon off and the whole day off on Sunday.

SUNDAY

I'll go out with friends on the boat, or just join in with whatever my friends are doing. I like to have fun. But I try to stay out of the sun – if you're out in the sun all day, you're just draining yourself.



you're not wearing them. skins.net