



# 10 ROUNDS™

GET STARTED

# A TOTAL KNOCKOUT

The first-ever boxing program from Beachbody® is designed to deliver a maximum cardio burn by combining technique, repetition, and intensity for the ultimate total-body workout.

## PROGRAM

Super Trainer Joel Freeman will lead you through 3 days of boxing training and 2 days of weightlifting workouts each week for 6 weeks that will leave you shredded with a lean, sculpted physique. The only equipment you'll need are the Beachbody Resistance Loops, light/medium/heavy dumbbells, and a small towel.

## NUTRITION

10 Rounds™ comes with the Beachbody Guide to Nutrition, but to really help maximize results you can follow either the Ultimate Portion Fix® or 2B Mindset® nutrition program. Add Shakeology® each day to help support overall health, along with Beachbody Performance® Energize and Recover to help elevate performance and support muscle growth.\*

## BOXING

Watch the Boxing Basics video on Beachbody On Demand to learn how to properly throw a punch before starting the program. Reference the video at any time to check correct form and technique for each of the six punches and two defensive moves that are used for every combination you'll throw throughout the program. Also watch the Lift Prep video for a tutorial on the fundamentals of weight training before you start the program.

# STEP 1: PROGRAM

The boxing workouts in 10 Rounds are based on the primary foundations of boxing training:

## POWER • SPEED • ENDURANCE

The boxing workouts are broken into **10** three-minute rounds with **45** seconds of rest in between.

The two weightlifting workouts per week are approximately 30 minutes each, and are focused on building strength and lean muscle: 1 Upper Body Lift and 1 Lower Body Lift.

You can do the 5 workouts any day of the week, as long as you do them in the order they appear on the calendar. And be sure to take your two rest days a week.

Use the Calendar to track your progress.

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>WEEK 1</b> LOS ANGELES	<b>Boxing</b> Power Jabs & Crosses (15:26)	<b>Lift</b> Lower Body	<b>Boxing</b> Speed & Hooks (16:44)	<b>Lift</b> Upper Body	<b>Boxing</b> Power-Upsurge (16:46)
<b>WEEK 2</b> LAS VEGAS	<b>Boxing</b> Core Defensive Slaps	<b>Lift</b> Upper Body	<b>Boxing</b> Slow Defensive Push	<b>Lift</b> Lower Body	<b>Boxing</b> Defensive Slaps (Slaps & Hooks)
<b>WEEK 3</b> NYC	<b>Boxing</b>	<b>Lift</b>	<b>Boxing</b>	<b>Lift</b>	<b>Boxing</b>

*NOTE: Watch the Boxing Basics and two Prep videos on Beachbody On Demand before starting the program.*

# STEP 2: NUTRITION

Drink your Shakeology every day. It's packed with a potent blend of proteins, prebiotics, probiotics, antioxidants, vitamins, and minerals that will help give you a healthy nutritional foundation so you are ready to go 10 Rounds.\*

Take Beachbody Performance Energize before your workout to help boost energy and endurance, and Recover after your workout to help decrease post-workout muscle soreness and support your body's recovery with critical protein.\*



Read the Beachbody Guide to Nutrition that comes with 10 Rounds. To further fine-tune your nutrition to help you hit your weight-loss goals, Joel recommends you follow one of Beachbody's comprehensive premium programs:

## THE ULTIMATE PORTION FIX®

Super Trainer Autumn Calabrese's simple portion-control container system takes the guesswork out of eating with how-to videos, hundreds of delicious recipes, tools, and meal plans to make long-term weight loss achievable.



## MINDSET®

Ilana Muhlstein, Registered Dietitian Nutritionist, shows you how to gain control over any eating situation with videos, meal plans, and recipes that help you build a healthy relationship with food and lose weight happily without feeling hungry or deprived.

# STEP 3: BOXING BASICS

## FOOTWORK FUNDAMENTALS

Boxing begins from the ground up, which is why footwork and foot placement are so important. Finding your dominant side is easy! If you're **right**-handed, step your **left** foot forward (orthodox). If you're **left**-handed, step your **right** foot forward (southpaw). Regardless of which side feels right for you, keep your weight on the balls of your feet and maintain a slight bend in both knees. Once you start moving around in your boxing stance, it's important to maintain distance between your feet and never let your feet cross.

STANCE



STANCE



## BOXING PUNCHES

Use your fists to frame your chin and keep your elbows tucked in. Now you're ready to throw a punch. Much of your power comes from the hips, so make sure you're following all the cues to throw your punches properly and effectively.

1 - JAB



3 - FRONT HOOK



5 - FRONT UPPERCUT



2 - CROSS



4 - REAR HOOK



6 - REAR UPPERCUT



## DEFENSE

Keep your eyes focused ahead, and stay light and quick on your feet. Remember, you're always setting yourself up for the next punch. Defense is just as important as offense!

SLIP



ROLL



These are THE core boxing moves for the next 6 weeks. Now, let's get you lean, mean, and into the ring.

## A FEW QUICK JABS BEFORE YOU START

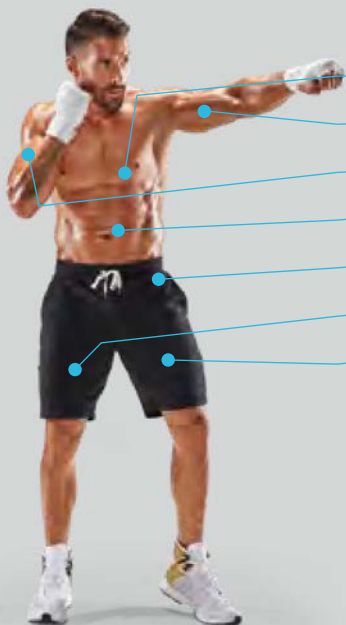
- Take your BEFORE photos and measurements and record them below.
- Read the Beachbody Guide to Nutrition, and download the Beachbody app to stream your workouts and track your food and Shakeology. Also, watch the Boxing Basics and Lift Prep videos.
- Drink your Beachbody Performance Energize before you press play on your first workout, POWER JABS & CROSSES (1s, 2s).

## KNOCK THESE OUT AFTER YOU START

- Stay motivated with BODgroups™. Your Coach can connect you to people just like you for motivation and support—they're always in the ring with you.
- Track your progress and nutrition with the Beachbody app.
- Keep your eyes on the prize and follow your eating plan! Remember, your best results happen in the kitchen.

## TRACK YOUR PROGRESS

Take your BEFORE photos and measurements on the first day of the program. When you finish 10 Rounds, take your AFTER photos and measurements. Need more info on how to do this? Visit [BeachbodyChallengePhotos.com](http://BeachbodyChallengePhotos.com)



MEASUREMENTS	WEEK 1	WEEK 6
▪ Chest		
▪ L. Arm		
▪ R. Arm		
▪ Waist		
▪ Hips		
▪ R. Thigh		
▪ L. Thigh		
<b>TOTAL INCHES</b>		
<b>WEIGHT</b>		

SHARE YOUR PHOTOS AND VIDEOS WITH US

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#10Rounds

#BODGroups

Your Team Beachbody® Coach is always there to help you reach your goals by inviting you to join an exclusive online accountability group. You can track your progress, get support and motivation from your Coach, and connect with others in your group to share meal prep ideas and recipes, or just cheer each other on. Have a fitness or nutrition question? Visit [BeachbodyExpertAdvice.com](http://BeachbodyExpertAdvice.com)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding program and nutrition plan.

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