A lion is shown in profile, roaring with its mouth wide open, revealing its teeth and tongue. It is perched on a dark, textured rock. The background is a dramatic sky with soft, golden light from a low sun, creating a hazy, atmospheric effect. The overall color palette is dominated by warm yellows, oranges, and deep blues.

SPRING CARNIVAL BOXING

B O T
T O M
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fitness

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Spring carnival boxing

TIME

30 minutes

HOW TO PLAY

Have 10 stations lined up in a straight line about 10 metres apart from each other (an athletics track with 100m increments would work perfectly). All boxing pairs start on the starting line as if they were in the starting gates at the beginning of a horse race. Every pair boxes for 15 minutes each and then will swap roles from boxer to mitt holder for the last 15 minutes of the game. The pairs complete the boxing combos and exercises at the station and once they are done they roll a 6 sided dice. If they roll a 4 or a 5 they move on to the next station. If they roll a 2 or 3 they stay at the first station and complete the exercise again. If they are unlucky and roll a 1, they have to move back one station. If they are lucky enough to roll a 6 then they move ahead two stations on the racing track. Boxing pairs keep working their way along the track completing progressively harder combos and exercises until they reach the finish. Pending the luck of the dice, many of the boxing pairs may not get near the finish line, which means that the fittest participants may not win every race.

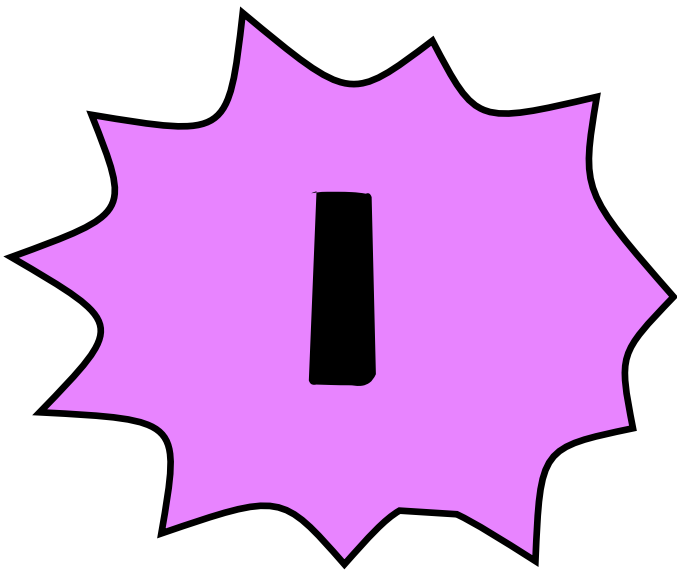
Modifications

Over the course of a boot camp (or even in the one session) you may like to set up several races that replicate the Australian spring carnival. Races can be of different lengths as per normal racing. You may also like to get people to bet on the winner and the losing punters complete penalties at the end of the race. Some example races and their associated exercises can be seen below. A range of boxing combos/bodyweight exercises have been listed, however modify if needed to suit the skills and equipment you have.

Spring carnival boxing

Exercise list (race card)

Station number	Caulfield cup	Cox plate	Melbourne cup
Starting Gate	10 squats	10 lunges	10 star jumps
1	100 jabs	80 Jabs	50 jabs
2	20 sit-ups	80 side to side hooks	15 sit ups
3	100 uppercuts	80 uppercuts	50 side to side hooks
4	20 squat jumps	20 sit ups	50 uppercuts
5	100 side to side hooks	120 jabs	30 lunge jumps
6	1 minute plank	120 side to side hooks	100 jabs
7	200 uppercuts	200 uppercuts	100 high jabs
8	200 jabs		30 squat jumps
9			50 jabs, uppercuts and side to side hooks
10			100 jabs, uppercuts and side to side hooks



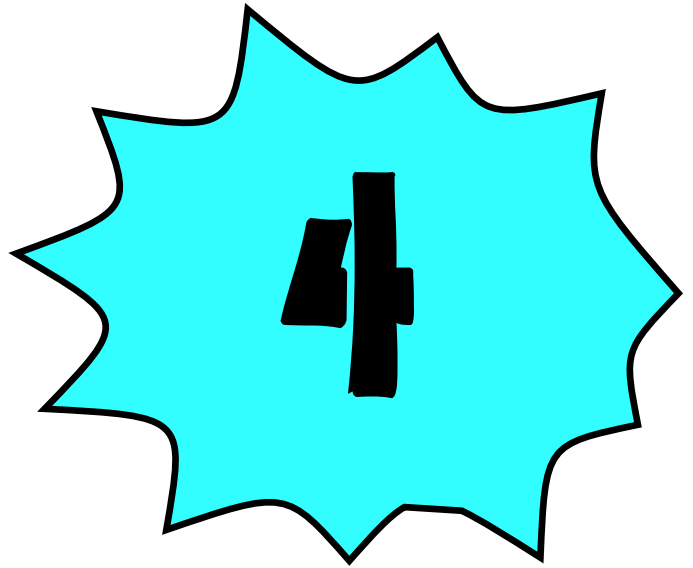
BUCKET HEAD



TIGHT ABS



SLOW AND STEADY



BIG DOG



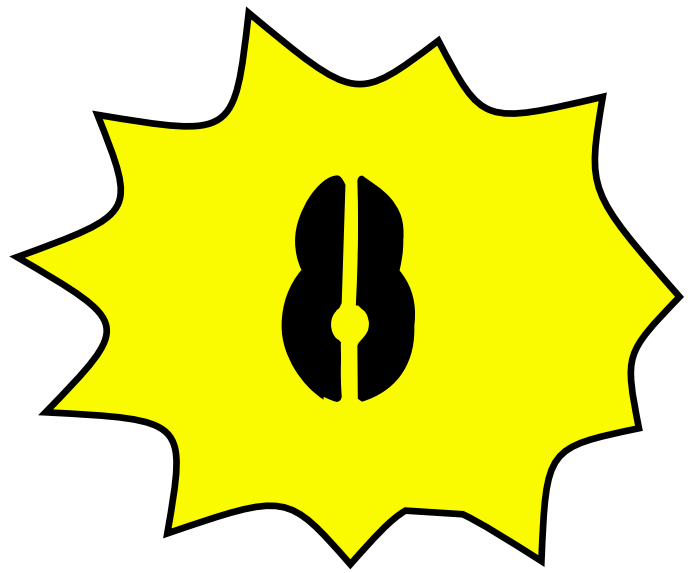
SMOOTH KAT



HOLLYWOOD



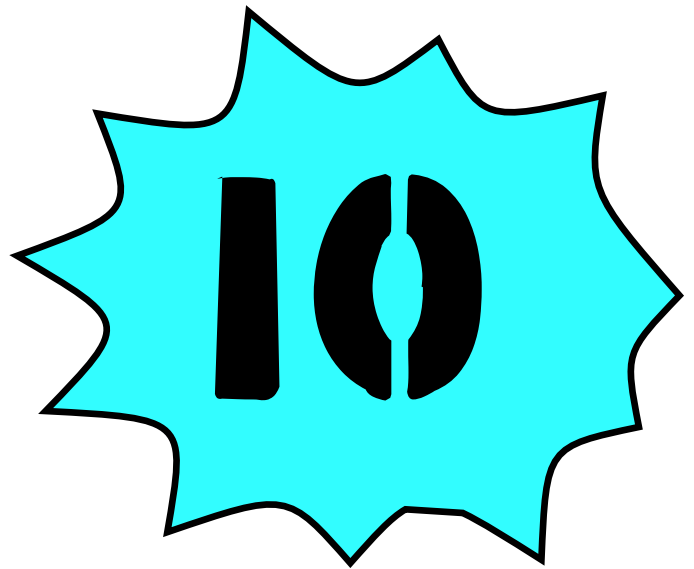
HOOF HEARTED



PASSING WIND



PASSING WIND



TIGHT BUNS



CHICKS DIG ME



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