

# THE DETROIT DIESEL

## Core Power Punching

by **Fred George "The Detroit Diesel"**

### 1 Warm-up (Stroop Bands) 3 x 3 min. rounds (Shadow boxing)



### 2 Heavy bag 3 x 3 min. rounds (Hands only)



### 3 Heavy bag 3 x 3 min. rounds (Hands and Feet)



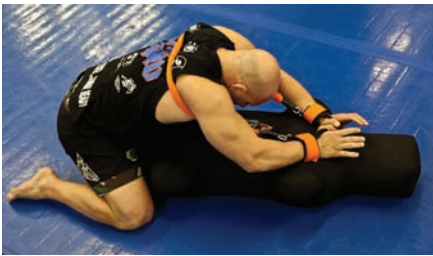
This workout is designed to increase explosive punching power throughout your core. You will stimulate more muscle and nerve tissue than ever before. It should break any training plateau or fatigue barrier that you have experienced. When you shock your body with new stimuli, it has to adapt or fail. It's like a bodybuilding training method called "muscle confusion." Keep challenging yourself like this and get creative. My workouts change weekly – if not daily – and so should yours. You are only limited by your imagination.

Remember: "If you always do what you've always done, you will always get what you have always got." I don't know where I stole that quote from, but it makes total sense.



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4 Motion Master Bag  
Punches, elbows, double-hammer fists, transitions on bag. (3 x 3 min. rounds of boxing)



5A Burn Machine  
30 seconds (Speed bag)



5B Burn Machine  
30 seconds (Bone to bone)



5C Burn Machine  
30 seconds (Upper cuts)



6A 5-8 lbs. Dumbbells  
Inner / outer circles



6B 5-8 lbs. Dumbbells  
Over-exaggerated punches



6C 5-8 lbs. Dumbbells  
Pronation (rotational movement of the forearm at the radioulnar joint)



6D 5-8 lbs. Dumbbells  
Supination (in the forearm when the palm faces anteriorly, or faces up as when the arms are unbent and at the sides).



7A War Machine  
Punch presses (30 seconds)



7B War Machine  
Punch press looking back at pulley (30 seconds)



7C War Machine  
Swim stroke (30 seconds)\*



8 Medicine Ball, 15-20 lbs.  
Perform Overhead Wall Slams  
25 reps x 3 sets (30 second rest per set)



\* Expert/ Advanced only: Suspend feet on Plyo Box, Punch press (30 seconds)

