Heavy Bag Workout #1
Improvising With Limited Strikes

30 sec x 6 drills = 3 minutes
30 - 60 second rest
Perform for 3 - 6 rounds

The idea for this heavy bag workout is to figure out different angles and combos using a limited amount of strikes. If you’re weak in your left hand then doing a full round focusing on improving your left jab, hooks, uppercuts and combos off of your left will definitely improve your coordination and fluidity of strikes.

This is also a great workout to do with a partner if you have to share a heavy bag. All you have to do is alternate every 30 seconds.

Round 1
1. Left hand
2. Left hand + teeps
3. Left hand + knees
4. Left hand + roundhouses
5. Left hand + everything
6. Left hand + everything

Round 2
1. Right hand
2. Right hand + teeps
3. Right hand + knees
4. Right hand + roundhouses
5. Right hand + everything
6. Right hand + everything

Round 3
1. Both hands
2. Both hands + teeps
3. Both hands + knees
4. Both hands + roundhouses
5. Both hands + everything
6. Both hands + everything
Heavy Bag Workout #2
Hand Combos Finishing With Kicks

30 sec x 6 drills = 3 minutes
30 - 60 second rest
Perform for 3 - 6 rounds

30 sec x 6 drills = 3 minutes
30 - 60 second rest
Perform for 3 - 6 rounds

This heavy bag circuit is great to focus on some basic hand combinations and finishing them with kicks. Try your best to focus on your footwork so you’re able to get the most out of your kicks while also having solid defense to avoid any counters.

Round 1
1. Jab + low kick
2. Jab, cross + low kick
3. Jab, cross, hook + low kick
4. Cross + inside low kick
5. Cross, hook + inside low kick
6. Cross, hook, cross + inside low kick

Round 2
1. Jab + body kick
2. Jab, cross + body kick
3. Jab, cross, hook + body kick
4. Cross + rear body kick
5. Cross, hook + rear body kick
6. Cross, hook, cross + rear body kick

Round 3
1. Jab + head kick
2. Jab, cross + head kick
3. Jab, cross, hook + head kick
4. Cross + head kick
5. Cross, hook + head kick
6. Cross, hook, cross + head kick
Heavy Bag Workout #3
Roundhouses

30 sec x 6 drills = 3 minutes
30 - 60 second rest
Perform for 3 - 6 rounds

The roundhouse is the most powerful strike you can throw. If you’re able to practice and perfect the roundhouse technique, you will instill fear into your opponent and hold a huge advantage in most sparring sessions or fights.

Round 1
1. Rear roundhouse
2. Double rear roundhouse
3. Switch roundhouse
4. Double switch roundhouse
5. Alternating roundhouse (left + right)
6. Double alternating roundhouse (left, right, left, right or left, left, right, right)

Round 2
1. Rear head kick, front inside low kick
2. Lead head kick, rear outside low kick
3. Rear low kick, front high kick
4. Lead inside low kick, rear high kick
5. Rear head kick, rear low kick
6. Lead head kick, lead low kick

Round 3
1. Low, middle, high rear roundhouse
2. Same
3. Low, middle, high lead switch roundhouse
4. Same
5. Alternating low, middle, high roundhouses (left and right)
6. Same
Heavy Bag Workout #4  
Working Off The Teep

30 sec x 6 drills = 3 minutes  
30 - 60 second rest  
Perform for 3 - 6 rounds

Utilizing the teep to set up other powerful strikes and to keep your opponent off balance is key if you want to control the tempo of the fight. Make sure when you practice your teeps you focus on your accuracy, footwork and snapping your kicks in and out. It’s also key to be balanced without overextending yourself and leaving yourself open.

Round 1
1. Front teep  
2. Front teep, rear roundhouse  
3. Front teep, rear roundhouse, rear knee  
4. Front teep, switch roundhouse  
5. Front teep, switch roundhouse, switch knee  
6. Alternating - front teep, rear roundhouse/front teep, switch roundhouse

Round 2
1. Rear teep  
2. Rear teep, rear roundhouse  
3. Rear teep, rear roundhouse, rear knee  
4. Rear teep, front roundhouse  
5. Rear teep, front roundhouse, switch  
6. Alternating - rear teep, rear roundhouse/rear teep, front roundhouse

Note: To make sure your technique is correct, make sure you watch the technique tutorial on the teep, roundhouse.

Round 3
1. Alternating teeps  
2. Front teep + rear knee + 2-4 clinch knees  
3. Front teep + cross, hook + roundhouse  
4. Rear teep + switch knee + 2-4 clinch knees  
5. Rear teep + cross, hook + roundhouse  
6. Alternating teeps burnout (as fast as possible)
Heavy Bag Workout #5
Developing Explosive Boxing Power

30 sec x 6 drills = 3 minutes
30 - 60 second rest
Perform for 3 - 6 rounds

Who doesn’t want explosive power in their hands, right? Developing hard-hitting punches takes time and effort, but is well worth it once you start dropping your training partners with hard shots to the liver. Drills this workout and I promise you that you’ll have harder hands after a few go-rounds.

Round 1
1. Power left hooks (body + head)
2. Power right hooks (body + head)
3. Alternating power hooks
4. Left hook body, right hook body, left hook head (body, body, head)
5. Right hook body, left hook body, right hook head (body, body, head)
6. Alternating body, body, head burnout (left, right, left/right, left, right)

Round 2 (all power)
1. Jab, cross
2. Cross, hook
3. Jab, hook, cross
4. Cross, hook, cross
5. Jab, body cross, hook to the head
6. Jab, cross, hook to the body

Round 3
1. Power left hooks (body + head)
2. Power right hooks (body + head)
3. Alternating power hooks
4. Left hook body, right hook body, left hook head (body, body, head)
5. Right hook body, left hook body, right hook head (body, body, head)
6. Alternating body, body, head burnout (left, right, left/right, left, right)
Heavy Bag Workout #6
Working The Inside Game

30 sec x 6 drills = 3 minutes
30 - 60 second rest
Perform for 3 - 6 rounds

In about every single fight or sparring session that you take part in, there will be times you are in close quarters with your opponent. Being proficient with your inside game including your knees, elbows and clinch, will be play a major role in your development as a Muay Thai practitioner or fighter.

Round 1
1. Jab, lead spear elbow
2. Jab, lead spear elbow, rear horizontal elbow
3. Jab, rear spear elbow
4. Jab, rear spear elbow, clinch, 2 skip knees
5. Jab, rear horizontal elbow
6. Jab, lead horizontal elbow

Round 2
1. Fake front teep, rear jumping knee
2. Fake rear teep, step through, rear jumping knee
3. Jab, hook (grab the bag), rear horizontal elbow
4. Jab, hook (grab the bag), rear knee
5. Jab, overhand (grab the bag), clinch, 2 skip knees
6. Jab, overhand (grab the bag)

Round 3
1. Clinch, elbow, knee
2. Clinch, knee, elbow
3. Clinch, skip knees
4. Clinch, swing the bag, knee
5. Clinch, knee, push bag, roundhouse
6. Clinch, knee, push bag, switch roundhouse
Heavy Bag Workout #7
All About Conditioning

30 sec x 6 drills = 3 minutes
30 - 60 second rest
Perform for 3 - 6 rounds

Want to get a good sweat going? This workout is made specifically to build your mental toughness by pushing your cardio past it’s normal limitations. If you’re able to do this workout with focus and intensity, you will definitely be better for it.

Round 1
1. Jab, cross burnout
2. Double rear roundhouse
3. Hook burnout
4. Double switch roundhouse
5. Jab, cross burnout
6. Alternating double roundhouses

Round 2
1. Skip knees
2. Front teep, rear roundhouse
3. Skip knees
4. Front teep, switch roundhouse
5. Skip knees
6. Jab, cross + sprawl/burpee

Round 3
1. Alternating roundhouses
2. Alternating teeps
3. Body, body, head hooks
4. Power left side strikes (all strikes on your left)
5. Power right side strikes (all strikes on your right)
6. Jab, cross + sprawl/burpee