HOME CORNER BOXING

BEGINNER PRACTICE PLAN

THE 30-DAY HOME HEAVY BAG PLAN

A written 30-day plan for stance, guard, the six basic punches, and short bag rounds you can run at home — with rest days built in.

WHAT THIS IS NOT

Medical advice, a certified coaching program, or a license to spar at home.

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GETTING STARTED

HOW TO USE THIS PLAN

Work through the days in order. Each day is either a short practice session, an easy movement day, or a rest day. You do not need to make every bag day harder than the last. The aim is to leave a session with your stance still intact and your hands comfortable, then come back after a rest.

- Read the safety notes, stance, and punch pages before Day 1.
- If a day feels like too much, shorten the rounds, take a longer rest, or stop early. That still counts as doing the day.
- If your hands, wrists, or shoulders are sore in a way that is more than ordinary tiredness — or if anything is sharp, numb, or swollen — skip bag work until that is settled, and get it looked at if it does not clear.
- You can print the matching *Home Boxing Workout Log* and fill in one page a day, or use any notebook.
- This plan is written for one person, at home, with a bag that is set up safely. It is not a class and not sparring.

WHO THIS IS FOR

Beginners who already have, or are about to set up, a heavy bag or freestanding bag at home, plus hand wraps and bag gloves. If you do not have a bag yet, you can still do the shadowboxing and rest days, and use the stance and punch pages in the air. Free setup guides live at homecornerboxing.com.

READ THIS FIRST

SAFETY NOTES

TALK WITH A DOCTOR BEFORE YOU START

This is not medical advice and not a training plan from a certified coach. Bag work can be vigorous. If you are new to exercise, returning from an injury, or have a health condition, talk with a doctor or other clinician before you begin. The CDC's pages on adult activity and getting started are listed in the sources at the end of this plan.

DO NOT SPAR AT HOME

USA Boxing requires that sparring be supervised by a certified coach. Nothing in this plan is pad work with a partner, a fight, or a substitute for a gym class. There is no opponent and no head contact.

HANDS, WRAPS, AND GLOVES

- Do not hit a bag with bare hands. Wrap your hands and wear bag gloves that fit before any bag work. A wrapping walkthrough and glove-weight guide are on the site.
- After you finish, unwrap and check your hands. You should not have numbness, sharp pain, or swelling you cannot explain. If you do, do not train through it — get it looked at.
- Wipe and air-dry the gloves when you are done.

THE ROOM AND THE BAG

- Clear enough space to step in every direction without hitting furniture, a wall, a light, or a ceiling fan.
- Confirm the bag or stand is stable before you use it. Keep children and pets out of range.
- If you are still choosing or hanging a bag, use the site's guides on choosing a bag and on stands and mounting safety. This plan does not replace those pages.

WHEN TO STOP A SESSION

Stop a round early, or stop the session, if your form falls apart, your hands hurt, or you feel dizzy, faint, or unusually short of breath. Hands and skin need recovery. This is not a plan for daily all-out punching.

WHAT THIS PLAN WILL NOT CLAIM

It will not tell you how many calories you will burn, how much weight you will lose, or how quickly you will "get in shape." It will not invent punch-count targets or unofficial combination strings. It will not call itself a coaching certification or a medical program. When a fact comes from USA Boxing, Boxing Canada, or the CDC, that is noted and sourced at the back.

BEFORE AND AFTER EVERY SESSION

WARM-UP AND COOL-DOWN

The CDC's getting-started advice is to ease in rather than jump into a hard effort. Warm up without hard punching until you feel warmer and can rotate your shoulders and hips comfortably. Two to three minutes is enough for most of the days in this plan; take longer if you feel stiff.

A SIMPLE WARM-UP

1. Easy walking or marching in place for a minute or two.
2. Slow shoulder rolls and easy arm circles, both directions. Move your neck gently; do not force it.
3. Easy hip circles and a few shallow knee bends, staying balanced.
4. A short, easy interval of shadowboxing — just the stance and a few steps — or easy jump rope if you already know the movement and have clear space. Keep it light.

If you use a rope, size it and skip it as described in the site's jump-rope guide. If the rope will clip a fan or a light, skip the rope and stay with easy movement or shadowboxing.

A SIMPLE COOL-DOWN

1. Easy movement after the last round until you feel settled — a slow walk or easy steps in stance is enough.
2. Unwrap and check your hands, wrists, and knuckles.
3. Wipe the gloves and leave them where they can dry.

REST DAYS ARE PART OF THE PLAN

Most weeks in this plan have two or three days with no bag work. On a rest day you can take a quiet walk if you want, or do nothing. Do not "make up" missed bag rounds by stacking them onto the next day. If you miss a session, pick up at the next written day, or repeat the one you skipped and shift the calendar by a day. There is no prize for finishing on day 30 of the same calendar month.

OPTIONAL EASY DAYS

A few days are written as easy shadowboxing or easy jump rope, with no hard punching. These are there so you can practice stance and breathing without loading your hands. If your hands are already tired, treat that easy day as a rest day instead.

THE POSITION YOU PUNCH FROM

STANCE AND GUARD

USA Boxing's Grassroots Task Force training manual puts it plainly: a proper stance lets you move, attack, and defend while staying balanced. Boxing Canada's beginners manual makes the same point: if you lose balance, even briefly, you are in no position to attack or defend. Learn this in a clear space, slowly, before you hit a bag hard.

USA BOXING'S STANCE CHECKLIST

1. Stand sideways, close to a 45-degree angle.
2. Place your feet about shoulder-width apart.
3. Distribute your weight equally on both feet.
4. Bend your knees slightly, down and inward.
5. Rotate the trunk slightly inward.
6. Raise the heel of the rear foot slightly.
7. Bring the lead hand up to eye level.
8. Keep the chin down, protected by the lead shoulder.
9. Keep the rear elbow close to the body, nearly at the ribs, and the rear fist up near the chin.
10. Flex both fists slightly inward.

The same manual flags common mistakes: feet too wide (hard to move) or too narrow (poor balance), both heels flat, standing straight up, and lifting the chin.

FOOT PLACEMENT, SEEN FROM ABOVE

ORTHODOX EXAMPLE



About shoulder-width · ~45° body angle

If your left side is forward, that is the orthodox stance described for a right-handed boxer in USA Boxing's footwork section. If your right side is forward, that is southpaw. Use the stance that matches your lead side, and keep the same foot spacing when you move. This drawing is an example, not a measured template.

GUARD, IN PLAIN LANGUAGE

Your guard is the hand and arm position in that stance: lead hand up at about eye level, rear fist near the chin, both elbows in to protect the ribs, chin down. Boxing Canada adds that the weight should sit on the balls of the feet, and that you should watch "through the eyebrows" so the chin does not come up. In the initial learning stage, Boxing Canada wants boxers to check the stance in a mirror. After every punch, the hand comes back to this position.

HOW BOXERS STEP

USA Boxing's rule is simple: the foot that stands closest to the direction you are going moves first. For a forward step, the lead foot moves, then the rear foot slides up, keeping the feet about shoulder-width apart. For a backward step, the rear foot moves first. Side steps follow the same idea. Boxing Canada tells coaches to have beginners "slide" with flexed knees rather than hop. Common mistakes include flat-footed or heel-first movement and letting the stance get too narrow or too wide while you travel.

THE PUNCHES THIS PLAN USES

BASIC PUNCHES 1–6

Many gyms label six basic punches with the numbers 1 through 6. This plan uses that shorthand so the daily pages stay short. The official manuals this site cites usually describe the punches by name — jab, cross or “straight power punch,” hook, and uppercut — not by those numbers. The numbers are a convenience, not a claim that USA Boxing numbers them this way.

THE ORDER YOU LEARN THEM

USA Boxing’s training manual is firm about the early sequence. Straight punches, hooks, and uppercuts should be practiced and mastered in a standing position before you add steps, then practiced with forward, backward, and side steps. Learn one punch in stance, then with movement. After at least two punches work both standing and moving, combine them, first standing and then with movement. Hooks and uppercuts can wait until the straight punches are under control. This plan follows that order: jab and cross in weeks 1–3; hooks and uppercuts only in week 4, and only if the straights are already tidy.

1 JAB — LEAD-HAND STRAIGHT PUNCH

USA Boxing’s lead-hand straight punch to the head: from the stance, aim at the chin with the lead knuckles, shift weight from the rear leg toward the lead leg, rotate, keep the chin down, extend the lead arm straight, knuckles up and palm down, then retract quickly along the same path and return to the stance. Boxing Canada treats the jab as the front-hand straight punch and the foundation attacking punch. Bring the hand back as fast as it went out.

2 CROSS — REAR-HAND STRAIGHT PUNCH

USA Boxing’s rear-hand straight punch to the head: shift weight, rotate toward the lead side, keep the lead hand up to protect the head and the elbow in to protect the body, extend the rear arm straight with knuckles up and palm down, and retract along the same path. Boxing Canada calls this the cross, or “straight power punch.” In that manual, the explosiveness comes from a sharp pivot of the hips and shoulders, not from the arm alone. The hand returns along the same line, with the elbows coming back to the ribs.

SHARED MECHANICS AND COMMON MISTAKES

Boxing Canada says the two straight punches share the same basic mechanics: make a fist with the thumb folded comfortably on the outside of the forefinger; the forearm rotates inward so contact is with the back knuckles and a slightly flexed wrist; the punch goes straight to the target; the hand returns along the same line. For body shots, both manuals have you bend the knees rather than lean your head down.

Common punching mistakes in the USA Boxing manual include punching without rotating the body, shifting weight to the wrong side, lifting or leaving the chin unprotected, leaning the head, incorrect fist rotation, and a slow, low, or sideways return to guard.

LATER PUNCHES, AND OFFICIAL COMBINATIONS

HOOKS, UPPERCUTS, AND COMBINATIONS

The descriptions below are a plain-language introduction so you know what punches 3 through 6 refer to. They are not a full official checklist, and they are not a substitute for a qualified coach watching you. Leave them until the jab and cross are under control, and practice them standing, slowly, in the air first.

3 LEAD HOOK

A bent-arm punch from the lead side that travels in a short arc toward the side of the target. Keep the motion compact: rotate the lead foot and hips, keep the elbow roughly in line with the fist, and bring the hand straight back to your face. Do not wind the arm behind you. Keep the rear hand up while the lead hand is in the air.

4 REAR HOOK

The same idea from the rear side. The rear foot and hips turn; the rear hand travels a short arc and returns to the chin. Keep the lead hand up. If the punch gets long or you lose balance, shorten it or go back to the straight punches.

5 LEAD UPPERCUT

A short punch that travels upward from a lower hand position, usually with the knees bent rather than the head leaning down. Keep it compact. The hand comes back to the guard. A long swing from the hip or the floor is not the punch to practice here.

6 REAR UPPERCUT

The rear-hand version, again driven by the legs and the turn of the body, not a wide swing. Keep the other hand up, and keep the chin down. If you cannot do this in the air without leaning or losing stance, do not take it to the bag.

COMBINATIONS THIS PLAN ACTUALLY USES

Boxing Canada defines a combination as a series of punches thrown in a particular sequence. This plan uses only combinations those manuals publish, in the order they want you to learn them. It does not add unofficial numbered strings.

- **Double jab** to the head (retract quickly, then jab again).
- **Jab to the head, jab to the body** — and the reverse — with the knees bent for the body shot and a stable base.
- **The one-two:** jab, then the rear-hand straight (punches 1–2).
- **Double jab, then the rear-hand straight.**
- **Jab, cross, jab** (1-2-1), and the official body-head variations of the same idea, once the one-two is clean.
- **Lead hook, then rear straight** — only in week 4, and only if a hook has actually been learned in stance. Skip it otherwise.

USA Boxing's combination lesson is supposed to start standing, then add movement, and it is taught without partners. That maps onto home work: first in the air, then as easy shots on a bag. A tidy jab-cross beats a longer combination you cannot yet control.

ROUNDS, REST, AND WEEKLY SHAPE

HOW A SESSION IS STRUCTURED

Boxing is built in rounds with a rest between them. Official round length depends on the division; it is listed in USA Boxing's current rule book, not guessed here. One official example, already used on the site: USA Boxing's Masters division page describes bouts as three rounds of one to two minutes, with one minute of rest between rounds. This plan stays on the short side of that idea, especially in the first two weeks.

THE SHAPE OF A BAG DAY

1. Check the room and the bag. Confirm the bag or stand is stable, and keep children and pets out of range.
2. Wrap your hands and put on bag gloves.
3. Warm up without hard punching, as on page 4.
4. Work the written rounds, with the written rest. Stop a round early if your form or your hands deteriorate.
5. Cool down, unwrap, check your hands, and air-dry the gloves.

HOW THE FOUR WEEKS PROGRESS

WEEK	FOCUS	TYPICAL BAG WORK	REST
1	Stance, guard, and the jab. Short first contact with the bag.	3 rounds of 1 minute	1 minute between rounds
2	Add the cross. Official jab combinations, then the one-two if the cross is clean.	3–4 rounds of 1½ minutes	1 minute between rounds
3	Hold those punches and use official two- and three-punch straight combinations.	4 rounds of 2 minutes (3 on the lighter day)	1 minute between rounds
4	Keep that volume. Introduce hooks, then uppercuts, only if the straights stay tidy.	4 rounds of 2 minutes (3 on the lighter day)	1 minute between rounds

The CDC, citing the Physical Activity Guidelines for Americans, says adults need at least 150 minutes a week of moderate-intensity activity, or 75 minutes of vigorous-intensity activity, or an equivalent mix, plus muscle-strengthening work on at least two days a week. You do not have to do it all at once. A heavy-bag session will often feel closer to vigorous than to a brisk walk, which is a reason this plan starts with fewer minutes and does not treat bag work as a complete muscle-strengthening program by itself.

TIMES ARE TEMPLATES, NOT A TEST

The minutes on the daily pages are examples. Shorten them. Stretch a rest. Replace a bag day with shadowboxing if the bag is not available or your hands need a break. There is no required punch count, and finishing every round all-out is not the point.

QUICK REFERENCE

THE 30 DAYS AT A GLANCE

Use this page to see the month. Details for each day follow. “Easy” means no hard punching.

DAY	TYPE	FOCUS	WORK / REST
1	Shadow	Stance, guard, and steps only	3 × 1 min / 1 min rest
2	Rest	No punching	—
3	Bag	Easy touches and the jab	3 × 1 min / 1 min rest
4	Rest	No punching	—
5	Bag	Jab and double jab	3 × 1 min / 1 min rest
6	Easy	Shadow: stance and jab, or rest if hands are sore	3 × 1 min / 1 min rest
7	Rest	No punching	—
8	Bag	Jab; introduce the cross (air first, then easy if clean)	3 × 1½ min / 1 min rest
9	Rest	No punching	—
10	Bag	Official jab combinations; one-two if the cross is clean	3 × 1½ min / 1 min rest
11	Easy	Shadow or easy rope; footwork	3 × 1½ min or 3 × 1 min rope
12	Bag	Jab, double jab, and the one-two	4 × 1½ min / 1 min rest
13	Rest	No punching	—
14	Bag	Light review of week 2 only — no new punches	3 × 1½ min / 1 min rest
15	Bag	One-two; double jab then cross	4 × 2 min / 1 min rest
16	Rest	No punching	—
17	Bag	Official three-punch straight combinations	4 × 2 min / 1 min rest
18	Easy	Easy rope or shadow; no hard punching	4 × 1–2 min / 1 min rest
19	Bag	Same official combinations; return to guard	4 × 2 min / 1 min rest
20	Rest	No punching	—
21	Bag	Light review	3 × 2 min / 1 min rest
22	Bag	Review 1–2; lead hook in the air if straights are tidy	4 × 2 min / 1 min rest
23	Rest	No punching	—
24	Bag	Easy lead hook on the bag only if tidy in the air	4 × 2 min / 1 min rest
25	Easy	Shadow: hook practice; rear hook in the air if lead hook is clean	4 × 2 min / 1 min rest
26	Bag	Straights as the main work; uppercuts in the air, easy on bag if compact	4 × 2 min / 1 min rest
27	Rest	No punching	—
28	Bag	Use only the punches you have actually learned	4 × 2 min / 1 min rest
29	Easy	Shadow or a walk; no hard punching	Easy movement
30	Bag	A clean close of what you can already do — not a test	4 × 2 min / 1 min rest

WEEK 1

DAYS 1–7 · LEARN THE SHAPE OF A SESSION

Keep every punch slow enough to finish and return to guard. The bag days are short on purpose.

DAY 1 — SHADOW

NO BAG

WARM-UP 2 MIN · 3 ROUNDS OF 1 MINUTE · 1 MINUTE REST · EASY COOL-DOWN

Check the room. You do not need wraps or gloves for shadowboxing, though you can put them on if you want the habit. Round 1: stance only — run the checklist, then hold it. Round 2: add forward, back, and side steps, finishing each step still balanced. Round 3: the same steps, still without punches. Use a mirror if you have one.

DAY 2 — REST

NO PUNCHING

A quiet walk is fine if you want one. Do not hit a bag, and do not add extra shadow rounds to “get ahead.”

DAY 3 — BAG

FIRST BAG SESSION

WARM-UP 2–3 MIN · 3 ROUNDS OF 1 MINUTE · 1 MINUTE REST · COOL-DOWN

Wrap, glove up, and confirm the bag or stand is stable. Round 1: easy touches on the bag to set your stance and breathing — not hard shots. Round 2: the jab only, returning the hand each time. Round 3: the jab again, still easy. Stop early if the wrist, knuckle, or shoulder feels sharp.

DAY 4 — REST

NO PUNCHING

Check your hands when you think about them. If they are sore in a way that worries you, stay off the bag on Day 5 as well and give it another rest day.

DAY 5 — BAG

JAB AND DOUBLE JAB

WARM-UP 2–3 MIN · 3 ROUNDS OF 1 MINUTE · 1 MINUTE REST · COOL-DOWN

Round 1: jab only. Round 2: double jab to the head — jab, retract quickly, jab again — as Boxing Canada describes it. Round 3: mix single and double jabs, only as clean as the earlier rounds. Keep the rear hand up.

DAY 6 — EASY SHADOW

OR REST IF HANDS ARE SORE

WARM-UP 2 MIN · 3 ROUNDS OF 1 MINUTE · 1 MINUTE REST · COOL-DOWN

Stance, steps, and the jab in the air. No bag. If your hands are already tired from Day 5, treat this as a rest day instead.

DAY 7 — REST

END OF WEEK 1

No punching. If you want a note for yourself, write down whether the jab is returning to your face and whether your stance still feels as wide at the end of a round as it did at the start.

WEEK 2

DAYS 8–14 · ADD THE REAR-HAND STRAIGHT

Rounds go to a minute and a half. The new punch is the cross. Learn it standing, in the air, before you throw it at the bag.

DAY 8 — BAG

INTRODUCE THE CROSS

WARM-UP 2–3 MIN · 3 ROUNDS OF 1½ MINUTES · 1 MINUTE REST · COOL-DOWN

Round 1: jab only, as in week 1. Round 2: step away from the bag if you need to, and practice the cross standing in the air — weight shift, hip and shoulder pivot, lead hand stays up, hand returns on the same line. Then, if that stays balanced, a few easy crosses on the bag. Round 3: jab, then an easy jab-cross only if the standing version was clean. If it was not, stay with the jab.

DAY 9 — REST

NO PUNCHING

Hands off the bag. A walk is optional.

DAY 10 — BAG

OFFICIAL JAB COMBINATIONS

WARM-UP 2–3 MIN · 3 ROUNDS OF 1½ MINUTES · 1 MINUTE REST · COOL-DOWN

Round 1: jab and double jab. Round 2: if your balance is solid, add Boxing Canada's jab-to-head then jab-to-body, and the reverse, bending the knees for the body shot rather than leaning your head down. Round 3: if the cross from Day 8 was clean, add the one-two (jab, then rear-hand straight) at an easy pace. If not, repeat the jab work.

DAY 11 — EASY

SHADOW OR EASY ROPE

3 ROUNDS OF 1½ MINUTES SHADOW, OR 3 ROUNDS OF 1 MINUTE EASY ROPE · 1 MINUTE REST

No hard punching. Use the time for steps: nearest foot moves first, spacing stays about shoulder-width, slide rather than hop. If you skip rope, keep it basic and stop while the form is still clean. If the rope will hit a light or a fan, stay with shadowboxing.

DAY 12 — BAG

FOUR SHORT ROUNDS

WARM-UP 2–3 MIN · 4 ROUNDS OF 1½ MINUTES · 1 MINUTE REST · COOL-DOWN

Round 1: jab. Round 2: double jab. Round 3: the one-two, first standing if you need a reminder, then easy on the bag. Round 4: jab, double jab, and the one-two, only as tidy as the earlier rounds. This is the first four-round day; it is fine to stop after three.

DAY 13 — REST

NO PUNCHING

A full rest after the four-round day. Do not add a makeup bag session.

DAY 14 — BAG, LIGHT REVIEW

END OF WEEK 2

WARM-UP 2–3 MIN · 3 ROUNDS OF 1½ MINUTES · 1 MINUTE REST · COOL-DOWN

Only what was already clean this week: jab, double jab, and the one-two if you have it. No new punches. If something is messy, practice that one thing slowly and skip the rest.

WEEK 3

DAYS 15–21 · TWO-MINUTE ROUNDS AND OFFICIAL COMBINATIONS

The bag work moves to two-minute rounds, still with a full minute of rest. The combinations stay official. Hooks wait until week 4.

DAY 15 — BAG

ONE-TWO AND DOUBLE JAB-CROSS

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

Round 1: easy jab to settle in. Rounds 2–3: the one-two, and Boxing Canada's double jab then straight power punch to the head. Round 4: the same, only as clean as you can keep it. If two minutes is too long, drop back to 1½ minutes and keep the rest at one minute.

DAY 16 — REST

NO PUNCHING

Hands and shoulders get the day off.

DAY 17 — BAG

OFFICIAL THREE-PUNCH STRAIGHTS

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

If the one-two is solid, add these official examples: jab-jab-cross (1-1-2); jab-cross-jab (1-2-1); and jab to the head, rear-hand straight to the body, jab to the head, bending the knees for the body shot. Practice each standing, then easy on the bag. If the one-two is not solid yet, spend the rounds there instead. Do not add a hook today.

DAY 18 — EASY

ROPE OR SHADOW

4 ROUNDS OF 1–2 MINUTES · 1 MINUTE REST

Easy jump rope if you have clear space and a rope; otherwise easy shadowboxing — stance, steps, and a slow jab. Start with one-minute rounds if you are new to skipping. No hard punching.

DAY 19 — BAG

SAME COMBINATIONS, CLEANER RETURN

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

Repeat the official combinations from Day 17. The focus is the return: each hand comes back on the same path, the other hand stays up, and you are still in stance at the end of the combination. Slow is fine.

DAY 20 — REST

NO PUNCHING

Full rest. If something in your hand or shoulder has been nagging you, this is the day to leave it alone and, if needed, get it looked at rather than hoping week 4 will loosen it.

DAY 21 — BAG, LIGHT REVIEW

END OF WEEK 3

WARM-UP 2–3 MIN · 3 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

A lighter day: three rounds, not four. Use only the straight-punch work you can already do well. Quality over volume.

WEEK 4

DAYS 22–30 · HOLD THE WORK; ADD 3–6 ONLY IF READY

The bag volume stays where week 3 put it. Hooks and uppercuts are optional, and they start in the air. If the jab and cross are still messy, spend the week there. You do not have to use all six punches by Day 30.

DAY 22 — BAG

REVIEW 1–2; LEAD HOOK IN THE AIR IF READY

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

Rounds 1–3: official straight combinations from week 3. Round 4, or a short interval after the bag rounds: if those straights were tidy, practice the lead hook (3) slowly in the air, standing, until the motion stays short and you keep your balance. Do not take it to the bag today.

DAY 23 — REST

NO PUNCHING

Rest. Leave the new hook alone until Day 24.

DAY 24 — BAG

EASY LEAD HOOK ONLY IF IT WAS TIDY IN THE AIR

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

Straights remain the main work. If the lead hook from Day 22 stayed compact, add a few easy hook touches on the bag in one of the later rounds. The official combination “lead hook, then rear-hand straight to the head” can wait until that hook is actually in your stance; skip it if it is not. If the hook was messy in the air, do not throw it at the bag.

DAY 25 — EASY SHADOW

HOOKS IN THE AIR

WARM-UP 2 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

No bag required. Practice the lead hook standing, then with a small step if the standing version is clean. If that holds, introduce the rear hook (4) in the air only — short arc, lead hand stays up, return to the chin. Stop the new punch if you start to wind up or lean.

DAY 26 — BAG

STRAIGHTS FIRST; UPPERCUTS ONLY IF COMPACT

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

Most of the rounds: jab, cross, and any hook work that is already clean. In the air, introduce the lead and rear uppercuts (5 and 6) as short, compact punches with the knees bent and the head not leaning down. Easy bag uppercuts only if that air version stays short and you are not swinging from the floor. If they are not clean, leave them as air work, or skip them.

DAY 27 — REST

NO PUNCHING

A full rest before the last bag days.

DAY 28 — BAG

ONLY THE PUNCHES YOU HAVE LEARNED

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

Use the punches you have actually learned, not a checklist of all six. Official straight combinations can fill the rounds on their own. There is no requirement to show a hook or an uppercut today.

DAY 29 — EASY

NO HARD PUNCHING

Easy shadowboxing or a walk. Check your hands. If you are keeping a log, note what still feels messy; that is more useful than trying to cram a new punch in tomorrow.

DAY 30 — BAG

A CLEAN CLOSE, NOT A TEST

WARM-UP 2–3 MIN · 4 ROUNDS OF 2 MINUTES · 1 MINUTE REST · COOL-DOWN

An ordinary, well-run session of what you can already do well. Then cool down, unwrap, and write two or three things to keep practicing. This is the end of the 30 written days, not a graduation, a ranking, or a fight. If you want to continue, you can repeat weeks 3 and 4, stay with the free workouts on the site, or take the work to a qualified coach.

SHORT DEFINITIONS

GLOSSARY

These are plain-language meanings as this plan uses them. Official manuals may use longer wording.

BAG GLOVES
Gloves made for hitting a bag, worn over wraps. Not the same thing as sparring gloves or bare hands.

COMBINATION
Boxing Canada: a series of punches thrown in a particular sequence.

COOL-DOWN
Easy movement after the last round, then unwrapping and checking your hands.

CROSS (2)
The rear-hand straight punch. Boxing Canada also calls it the "straight power punch."

FREESTANDING BAG
A bag that stands on a weighted base rather than hanging from a mount.

GUARD
The hand and arm position in stance: hands up, elbows in, chin down. You return here after a punch.

HOOK (3, 4)
A bent-arm punch that travels in a short arc from the lead side (3) or the rear side (4).

JAB (1)
The lead-hand straight punch. In Boxing Canada's manual, the foundation attacking punch.

LEAD
The side and hand that sit forward in your stance.

ONE-TWO
The official jab then rear-hand straight, in that order.

ORTHODOX
Left side forward. The stance USA Boxing describes for a right-handed boxer in its footwork section.

REAR
The side and hand that sit back in your stance.

REST (BETWEEN ROUNDS)
The written pause between work intervals. In this plan, usually one minute. You may take longer.

REST DAY
A written day with no punching, so hands and skin can recover.

ROUND
A timed work interval. Official length depends on the division. This plan uses short examples.

SHADOWBOXING
Punching and moving in the air, without a bag or a partner, so you can see your stance.

SOUTHPAW
Right side forward — the mirror of orthodox.

STANCE
The balanced starting position you punch and step from. See page 5.

UPPERCUT (5, 6)
A short punch that travels upward from the lead hand (5) or the rear hand (6).

WARM-UP
Easy movement before hard punching, until you feel warmer and can rotate comfortably.

WRAPS
Hand wraps worn under gloves to support the hand and wrist. Required in this plan before bag work.

WHERE THE FACTS COME FROM

SOURCES

This plan is an educational practice outline published by Home Corner Boxing. Wesley Weingart is not presented here as a USA Boxing-certified coach or a medical professional. When a fact comes from a manual, a rule book, or a public-health page, it is listed below. Technique pages on homecornerboxing.com walk through the same sources in more detail.

1. USA Boxing Grassroots Task Force Training Manual v.01.1 (2014), Boxing Techniques section — stance checklist and common mistakes; the "nearest foot moves first" stepping rule; the standing-then-steps teaching sequence; lead and rear straight punches to the head and body; common punching mistakes; official two- and three-punch combination examples.
2. Boxing Canada, Instruction Beginners Reference Material (2024), sections 5.1 and 5.3–5.4 — balance in the stance, balls of the feet, tucked elbows, watching through the eyebrows, sliding rather than hopping, straight-punch mechanics, the jab as the foundation attacking punch, the definition of a combination, and the official jab and one-two progressions.
3. USA Boxing Informational Guide (updated July 2025) — sparring must be supervised by a USA Boxing-certified coach.
4. USA Boxing, Masters Boxers page — Masters bouts described as three rounds of one to two minutes, with one minute of rest between rounds. Used here only as a conservative official example of work and rest, not as a claim that you are boxing in that division.
5. USA Boxing Rule Book landing page — current National Rule Book for official round lengths by division.
6. CDC, "Adult Activity: An Overview" — at least 150 minutes a week of moderate-intensity activity, or 75 minutes of vigorous-intensity activity, or an equivalent mix, plus muscle-strengthening work on at least two days a week; activity can be broken up.
7. CDC, "Steps for Getting Started With Physical Activity" — ease into activity rather than jumping into a hard effort.

GUIDES ON THE SITE

These pages on homecornerboxing.com are meant to be read alongside this plan:

- How to wrap your hands
- Boxing glove weights and fit
- How to choose a heavy bag for home, and heavy-bag stands and mounting safety
- Boxing stance and basic punches
- Basic boxing combos for beginners at home
- How to structure a beginner bag session
- How to shadowbox at home, and how to jump rope for boxing
- How to care for boxing gloves
- Free home boxing workouts

A closing reminder. Talk with a doctor or other clinician before you start if you are new to exercise, returning from an injury, or have a health condition. Do not spar at home. Stop if you feel sharp pain, dizziness, numbness, or unusual shortness of breath. © 2026 Home Corner Boxing. All rights reserved.