

YouTube Members Summary

Below are some of the key playlists at each level to help you navigate what is available in the membership. If you are a member and have a question, then please leave a comment on one of the videos and I'll get back to you. If you have further questions, please leave a new comment.

At any level you join you have access to all those videos and the ones at lower levels. But you won't have access to videos/features from higher levels. For example, if you have joined at Level 3, you also have access to all videos at Level 1 and 2, but not Level 4. **If you want to upgrade you can go to "See Perks" on your channel, then click on the "Settings" wheel and choose to change levels.**

If you are not a member yet [CLICK HERE](#) to join.

Level 1: Exclusive Videos

Boxing Drills Reference Guide – Two hours of technical and tactical boxing drills to improve your boxing skills and IQ.

<https://www.youtube.com/watch?v=Gk2cM39eabY>

Past Livestreams – All my past livestream workouts where we focus on a boxing drill each round.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgLch8AregpvRU8_GyW7_z2

Boxing Workouts (7 Workouts) – Burn calories and get in a great workout with a ton of boxing techniques.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJ7FhbWeek0nz0Hwz_pGeRy

Virtual Sparring (8 Workouts including southpaw flipped videos) – Work on your visual reaction through simulated sparring.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgLoxSOq0QU-Egy9F6VdD6V3>

Virtual Padwork (31 videos including Southpaw flipped videos) – Get a great workout and work on a ton of combos with me.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKAK8yf_pFfRs4PVzv4BOwJ

10K Punch Workout – A challenging 20 round workout with 5 minute rounds where you can choose your rounds. If you do the full workout you throw 10,000 punches.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKsNcQAnK9hRiMFZMj5x-g4>

Level 2: Boxing Workouts

Boxing Workouts (20 Workouts) - Burn calories and get in a great workout with a ton of boxing techniques.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKniHesOiTcBrZKhXI_UU3O

Jump Rope Training Series (7 Workouts) – Develop your fitness and conditioning to new levels with this progressive skip rope series.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJNw5tDI5fMEqi_61PLsR5N

Combo Development Series (5 Workouts) – Start as a beginner and progressively build your boxing IQ with more advanced combos.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgILYsSMTmKEpKH6fOIDS9PF>

Rapid Fire Combo Workouts (5 Workouts) – Build up speed, stamina and boxing skills with these guided workouts.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgLQV6yFrRcre0meR3xxHiX9>

Double-end Bag Workouts (2 Workouts) – Two fun and engaging guided workouts for the double-end bag

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgIMQebtbUps02ysFIX87QNG>

Level 3: Beginner Boxer's Portal

At this level we cover all the fundamentals of boxing as if you were a true beginner with no knowledge. Then we go through follow along workouts to practice what you've learned. We cover everything that beginners have asked over the years, but if there is something you are not sure of then please comment to ask. In addition, there are some development series where we focus on Technique and Defense.

Lessons (24 Lessons) – Learn how to box from the ground up

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKqUUNjO4iomogfoD9ReCNm>

Workouts (16 Workouts) – These are simple guided workouts to develop the skills covered in the lessons

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJly8X01_gqkYCLthpRT9M7

Sparring Prep Training Camp (5 Videos) – Prepare yourself mentally and physically for sparring

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJtDu4IH2y1h9WPFjiVEdVS>

Defense Development Series (4 Videos) – Work on your defensive skills and reaction

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKaV6kuUNvkrBpimLJMY5Oj>

Technique Development Series (5 Videos) – Focus in on all aspects of boxing technique

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKws17l3TsDzrttn01_vXqp

Level 4: Boxing Training Camps

In each training camp we focus on improving a specific aspect of boxing. For most people the Hand Speed and Footwork training camps will really help your boxing. Boxing Tactics is a bit more advanced, and the Punching Power camp is a nice bonus. If you want an overall challenge then try the Fight Week camp.

Going the Distance (5 Workouts) – Test yourself in this gruelling five day series where in each workout we do 16 rounds followed by 100 burpees.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJ7tXUa9VgWYLFcF0JEGgt->

Fight Week (5 Workouts) – In this series we do full on training similar to an elite amateur boxer.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgLvU5a8HbY_42axbPjsi_ci

Hand Speed (5 Workouts) – Improve your hand speed and conditioning with full intent and focus.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJhkLky6iRIIX9HI-KqgmiD>

Hand Speed Accelerator (4 Workouts) – We focus on ramping up your hand speed in a short amount of time.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgLzJBno3pY0je72EezCaizf>

Footwork (5 Workouts) – Focus on footwork and conditioning so you can be more agile in the ring.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJywKnvScw25A604JQ5waaX>

Footwork Accelerator (5 Workouts) – Ramp up your footwork with high intensity focus.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJeeT10cU18r3D9vSFHF7Ve>

Head Movement (5 Workouts) – Develop evasiveness, reaction and elusive offense by integrating head movement.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKi7Hu5E1pa82wTJJDhVnvy>

Counter Punching (5 Workouts) – Learn how to counter punch and build it into your set of tactics.

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgli8-WQNI6ngzUhq0KOMlnO>

Boxing Tactics (5 Workouts) – Develop your own set of combos and tactics and understand how to mix things up on the fly.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJ7Ef9dU20eH6DP4D2FSS_g

Punching Power (2 Workouts) – Learn how to maximize your punching power.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgLXfotzG_uNWnCamVjIXSbC

Work Rate Series (5 Workouts) – Develop your stamina and conditioning.

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgJWCxnoh6J13oaqn0Qsbx_

Footwork Conditioning Series (4 Workouts) – develop your capacity for explosive footwork

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgLhPdd6ksCB85NUSvSgLWq9>

Head Movement Accelerator (4 Workouts) – condition your head movement for speed and efficiency

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKsZLhfS4zJyQUpoOddEYBb>

Inside Fighting (4 Workouts) – Work on fighting on the inside with a variety of tactics

https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKeHbKTuHlgb5lF6w_L-j2H

Level 5: Video Technique Review

At this level you can send in one video per month (approx 3-6 minutes) demonstrating your technique/training. I will review it and get back to you with my best advice. The email address to submit your video is accessible after you join this level.

Level 6: Full Length Instructional Videos

This level has eight in-depth instructional videos designed to accelerate your progress and teach you the foundations of boxing:

- Beginner Boxing
- Boxing Footwork
- Head Movement
- Defense and Counter Punching
- The Jab
- The Lead Hook
- Attacking the Body
- Padwork and Combinations

<https://www.youtube.com/playlist?list=PL4Mb5fp5ywgKL8z7FHVzNO9pHeDPgGYqv>