

30-Day Punching Bag Training Plan

A practical home program for boxing, fitness, and skill-building - built for consistency, not perfection.

Who this plan is for

Beginners who want structure, busy adults training at home, and anyone who wants better combinations, cardio, and confidence on the bag. You will train 5 days per week with 2 recovery days. Most sessions take 25-40 minutes.

What you need

- Punching bag (hanging or freestanding) + stable setup
- Hand wraps + boxing gloves (recommended for most adults)
- Timer app (rounds) + water bottle + towel
- Rubber mat if noise/sliding is a concern
- Optional: jump rope, light dumbbells, resistance band

Safety first

Train at a controlled intensity. If you have pain in the wrist, knuckles, shoulder, or lower back, stop and adjust technique or volume. Warm up every time. Keep your chin tucked, wrists straight, and do not punch bare-knuckle on hard surfaces.

How the plan works

Progression: Week 1 builds rhythm and form. Week 2 adds volume. Week 3 adds speed and complexity. Week 4 adds longer rounds and testing.

Rounds: Most work is 2:00 or 3:00 rounds with 1:00 rest. Beginners can use 1:30 rounds. **Effort (RPE):** Aim for RPE 6-7 most days, with 1-2 harder days per week (RPE 8).

Printable quick rules

1) Hands up between punches. 2) Breathe out on every strike. 3) Step before you punch when you can. 4) Stop rounds early if form collapses. 5) Consistency beats intensity.

EPN by American Epsilon Inc.

In-stock purchase: available across Amazon marketplaces (US/CA/UK/DE/FR/IT/ES). OEM/ODM customization: bag size, materials, graphics, packaging, and compliance-ready documentation.

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Weekly Schedule

Day	Focus	Typical session length
Mon	Technique + combinations	30-35 min
Tue	Conditioning + power control	25-35 min
Wed	Recovery or light skill	15-25 min
Thu	Speed + accuracy	25-35 min
Fri	Mixed rounds + finisher	30-40 min
Sat	Optional fun day (light)	15-25 min
Sun	Rest	0-10 min mobility

Round structure template

Warm-up (6-8 min): light bounce, shoulder circles, hip openers, 1-2 light shadowboxing rounds.

Skill block (10-18 min): 3-6 rounds on the bag with one clear theme.

Conditioning (4-8 min): short finisher (bodyweight or bag sprints).

Cool-down (3-5 min): slow breathing + forearm/shoulder stretch.

Intensity guide (RPE)

RPE	How it feels	When to use it
5	Easy, can talk	Warm-ups, recovery days
6-7	Working, steady	Most training days
8	Hard, focused	1-2 sessions per week
9	Very hard	Short bursts only, not daily

Beginner modification

Cut every session volume by 20-30% for the first week. Use 1:30 rounds instead of 2:00 or 3:00. Keep power at 60-70% until your wrists and shoulders feel strong and stable.

30-Day Plan - Days 1 to 15

Print this page and check off each day. Adjust volume if needed, but keep the schedule.

Day	Main focus	Bag rounds	Work/Rest	Key drills (example)	Finisher (optional)
1	Fundamentals (jab, cross, guard)	5	2:00/1:00	Round themes: jab, jab-cross, add hook, add body jab	4 min brisk walk or rope
2	Conditioning (steady pace)	4	2:00/1:00	Straight punches only + footwork steps; keep chin tucked	6 x 15s bag sprint / 45s rest
3	Recovery + light technique	3-4	1:30/1:00	Jab only, then jab-cross, slow footwork around bag	3 min easy shadowboxing
4	Accuracy (clean contact)	4	2:00/1:00	Pick 2 combos and repeat: 1-2, 1-2-3; light head movement	3 x 20s mountain climbers
5	Mixed rounds (easy to moderate)	5	2:00/1:00	Rotate themes: straight, hooks, body shots; keep form	3 x 30s squat to punch (light)
6	Optional light day (fun)	3-5	2:00/1:00	Freestyle at 60%, focus on breathing + guard	2 x 30s fast hands
7	Rest + 10 min mobility	0	-	Walk, stretch hips/hamstrings/shoulders	-
8	Combinations (add hook + body)	6	2:00/1:00	Round themes: 1-2-3, 1-2-3-2, body jab, jab to body-cross to head	6 min core (plank variations)
9	Power control (70-85%)	5	2:00/1:00	3 rounds steady, then 2 rounds power bursts (10s on/20s off)	8 x 10s hard / 20s easy on bag
10	Recovery + light technique	3-4	1:30/1:00	Jab only, then jab-cross, slow footwork around bag	3 min easy shadowboxing
11	Speed (fast but relaxed)	5	2:00/1:00	Fast straight punches; focus on snap back to guard	4 x 30s jump rope
12	Mixed rounds + defense habit	6	2:00/1:00	After every combo: guard up + small step or slip	3 x 45s burpees (easy pace)
13	Optional light day (fun)	3-5	2:00/1:00	Freestyle at 60%, focus on breathing + guard	2 x 30s fast hands
14	Rest + 10 min mobility	0	-	Walk, stretch hips/hamstrings/shoulders	-
15	Footwork + angles	5	3:00/1:00	Step out after combos; pivot left/right; keep stance	6 x 20s bag sprint / 40s rest

30-Day Plan - Days 16 to 30

Week 3-4 increases round length to 3:00. If needed, use 2:00 rounds but keep the intent.

Day	Main focus	Bag rounds	Work/Rest	Key drills (example)	Finisher (optional)
16	MMA option or power endurance	5	3:00/1:00	Add knees/kicks if you train MMA; otherwise add longer combos	10 min zone-2 walk
17	Recovery + light technique	3-4	1:30/1:00	Jab only, then jab-cross, slow footwork around bag	3 min easy shadowboxing
18	Timing and rhythm	5	3:00/1:00	Use a metronome pace: 1 combo every 4-5 seconds; stay relaxed	5 min shadowboxing
19	Hard day (RPE 8)	6	3:00/1:00	Rounds 1-3 steady, 4-6 push pace; last 30s each round fast	Core: 3 x 45s plank
20	Optional light day (fun)	3-5	2:00/1:00	Freestyle at 60%, focus on breathing + guard	2 x 30s fast hands
21	Rest + 10 min mobility	0	-	Walk, stretch hips/hamstrings/shoulders	-
22	Skill test week: cleaner combos	6	3:00/1:00	Film 1 round. Focus: guard, breath, straight wrist	6 x 15s fast hands / 45s rest
23	Power + stability check	5	3:00/1:00	Hard but controlled. If bag moves too much, reduce power and fix stability.	8 min lower body (lunges + squats)
24	Recovery + light technique	3-4	1:30/1:00	Jab only, then jab-cross, slow footwork around bag	3 min easy shadowboxing
25	Speed and accuracy test	5	3:00/1:00	Pick 3 combos and hit targets cleanly for 5 rounds	4 x 20s mountain climbers
26	Final mixed session (RPE 7-8)	7	3:00/1:00	7 rounds: rotate straight, hook, body, speed, power, free, finish fast	Walk + stretch
27	Optional light day (fun)	3-5	2:00/1:00	Freestyle at 60%, focus on breathing + guard	2 x 30s fast hands
28	Rest + 10 min mobility	0	-	Walk, stretch hips/hamstrings/shoulders	-
29	Skill test week: cleaner combos	6	3:00/1:00	Film 1 round. Focus: guard, breath, straight wrist	6 x 15s fast hands / 45s rest
30	Power + stability check	5	3:00/1:00	Hard but controlled. If bag moves too much, reduce power and fix stability.	8 min lower body (lunges + squats)

Warm-Up Library (pick 6-8 minutes)

Choose 4-6 items. Keep it light. Your goal is warm joints and good rhythm, not fatigue.

- 1 min light bounce + nasal breathing
- 30s shoulder circles each direction
- 10 hip hinges + 10 bodyweight squats
- 10 lunges per side (slow)
- 1 round shadowboxing (jab focus)
- 1 round shadowboxing (jab-cross + guard recovery)
- 30s plank + 30s side plank each side

Technique cues that protect your hands

Wrist: keep it straight on impact. **Elbows:** do not flare wildly. **Shoulders:** relaxed until the strike. **Feet:** stay under you, do not reach. **Breath:** short exhale on every punch. **Guard:** hands return to cheeks every time.

Common mistakes (and quick fixes)

Problem	What you feel	Fix
Bag swings too much	You chase it and miss	Go heavier or improve stability; reduce power and shorten combos
Wrist pain	Sharp pain after jabs/crosses	Wraps + gloves; straighten wrist; reduce volume for 1 week
Shoulder tightness	Burn early in rounds	Lower hands slightly between combos; relax; shorten punches
Lower back soreness	Twist feels forced	Turn hips with feet; shorten stance; reduce hook power

Combo Library (use 2-3 per session)

Code	Combo	Best for
C1	Jab - Cross	form, speed, rhythm
C2	Jab - Cross - Lead Hook	basic boxing combo
C3	Jab - Cross - Lead Hook - Cross	longer combination
C4	Jab to body - Cross to head	levels, body shots
C5	Cross - Lead Hook - Cross	inside work
C6	Jab - Jab - Cross	volume and timing
C7	Slip (left) - Cross - Lead Hook	defense habit

Finisher Library (4-8 minutes)

Pick one. Keep it short. The finisher should not ruin your next session.

Finisher	Format	Notes
Bag sprints	6-10 x (10-20s hard / 40-60s easy)	best all-around
Fast hands	4-6 x (30s fast / 30s easy)	stay relaxed
Squat to punch	3 x 45s / 45s rest	light punches, legs work
Core block	plank 45s + side plank 30s/side x 2-3	protects spine
Jump rope	4-6 minutes easy	great recovery tool

Optional upgrade after Day 30

Add a double-end bag 2x/week for timing, or increase round count by 1 per session for 2 weeks, then deload for 1 week.

Progress Tracker (Print This Page)

Check off each day and record one quick metric. This keeps you honest and motivated.

Day	Done	RPE	Rounds completed	Notes (hands, shoulders, bag stability)
1	<input type="checkbox"/>	___	___	_____
2	<input type="checkbox"/>	___	___	_____
3	<input type="checkbox"/>	___	___	_____
4	<input type="checkbox"/>	___	___	_____
5	<input type="checkbox"/>	___	___	_____
6	<input type="checkbox"/>	___	___	_____
7	<input type="checkbox"/>	___	___	_____
8	<input type="checkbox"/>	___	___	_____
9	<input type="checkbox"/>	___	___	_____
10	<input type="checkbox"/>	___	___	_____
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17	<input type="checkbox"/>	___	___	_____
18	<input type="checkbox"/>	___	___	_____
19	<input type="checkbox"/>	___	___	_____
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25	<input type="checkbox"/>	___	___	_____
26	<input type="checkbox"/>	___	___	_____
27	<input type="checkbox"/>	___	___	_____
28	<input type="checkbox"/>	___	___	_____
29	<input type="checkbox"/>	___	___	_____
30	<input type="checkbox"/>	___	___	_____

Before/After Metrics

Write your baseline on Day 1. Retest on Day 30. Keep it honest and keep it simple.

Metric	Day 1	Day 30
Max clean jab-cross in 30 seconds	_____	_____
3-minute steady round (RPE)	_____	_____
How stable the setup feels (1-10)	_____	_____
Hand comfort after training (1-10)	_____	_____

Need a bag recommendation or custom quote?

Send your goal, body weight, space limits, and your preferred bag type. EPN can support both in-stock purchases and OEM/ODM customization.

Email: epsilon2100@yahoo.com