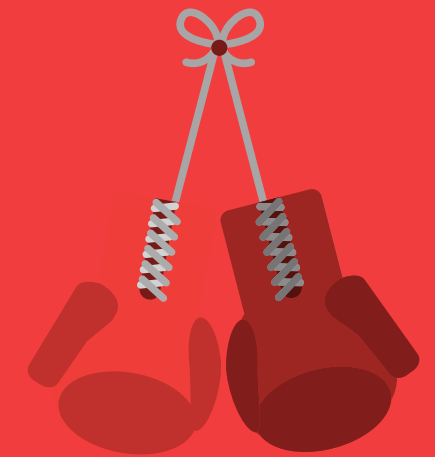

C - CONDITIONING

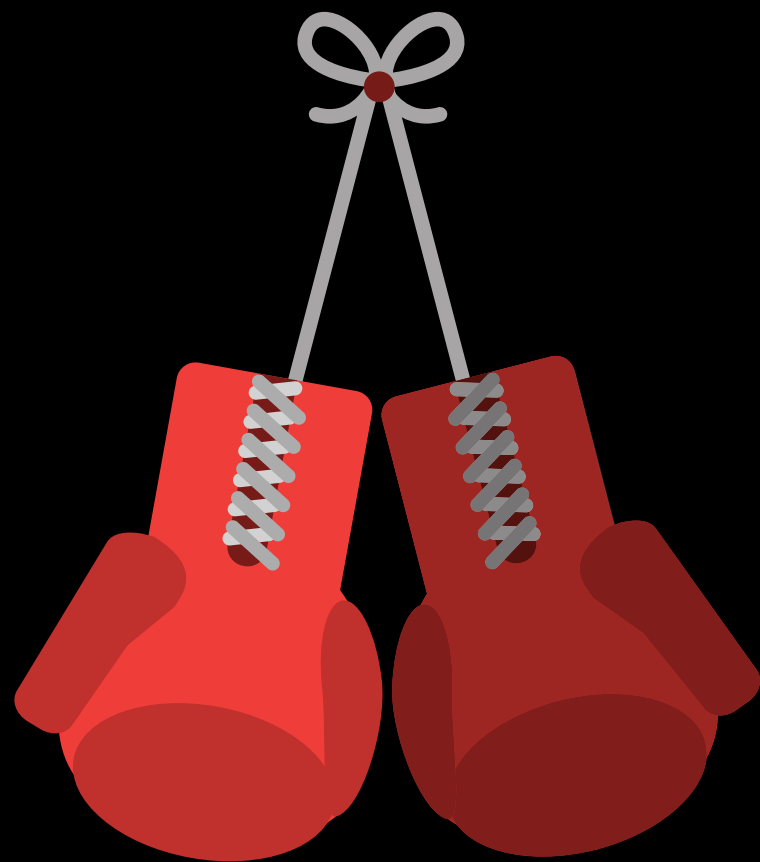
O - OPPORTUNITY

V - VISUALIZE / VIDEO

I - INITIATIVE

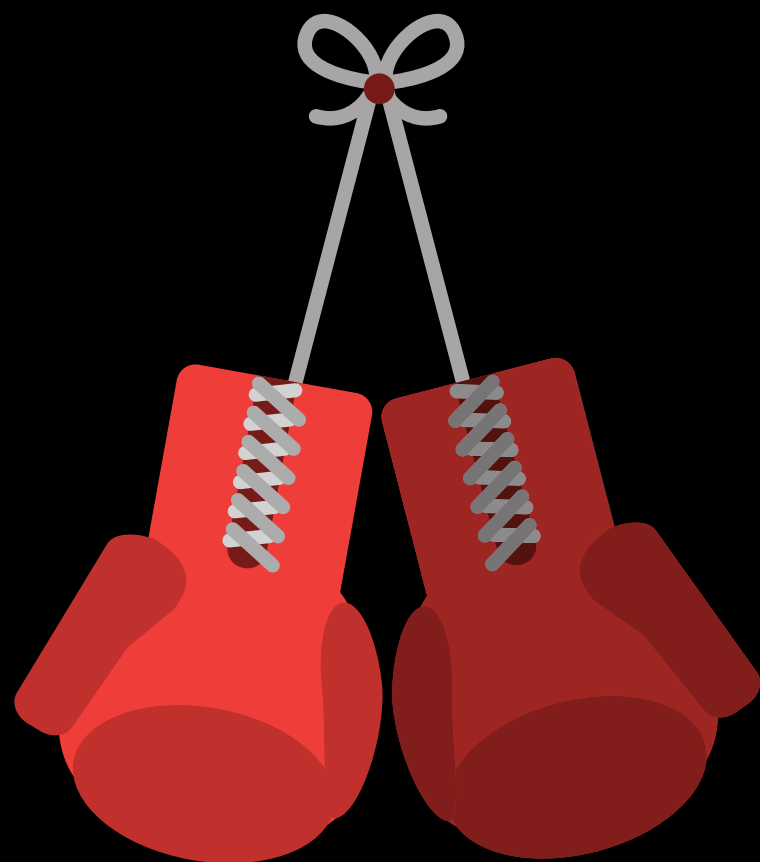
D - DEVELOP





CONDITIONING

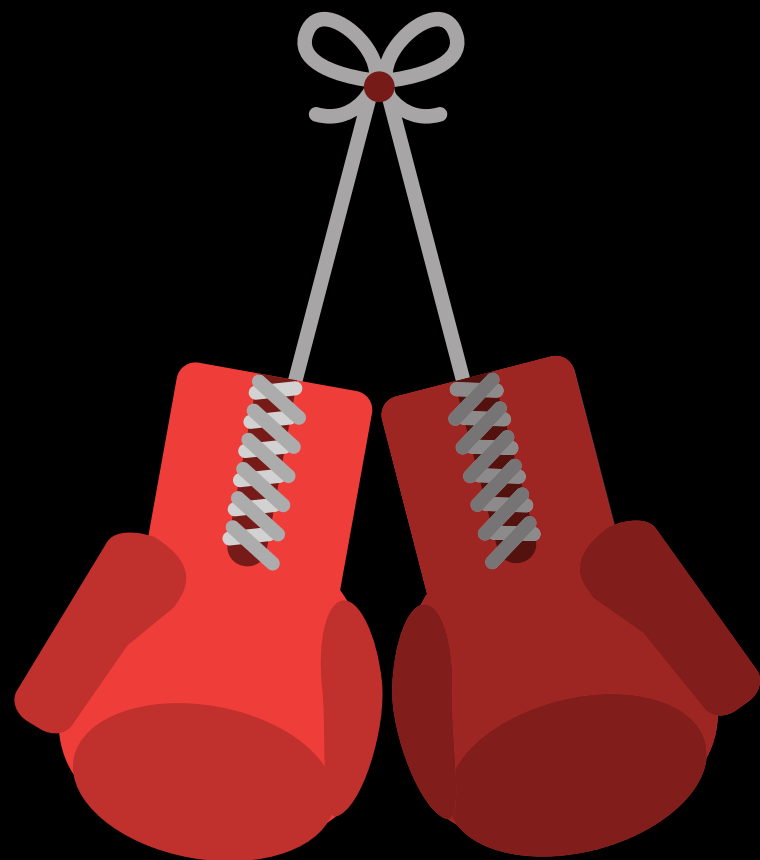
Use this time to maintain your conditioning. Get out for a run, do agility drills or interval runs. Most cardio does not require equipment.



OPPORTUNITY

Seize the opportunity to stay active and get your workouts done. If your not working right now you may have more time to workout and focus on your health. Maybe that means proper rehab on an injury,etc.

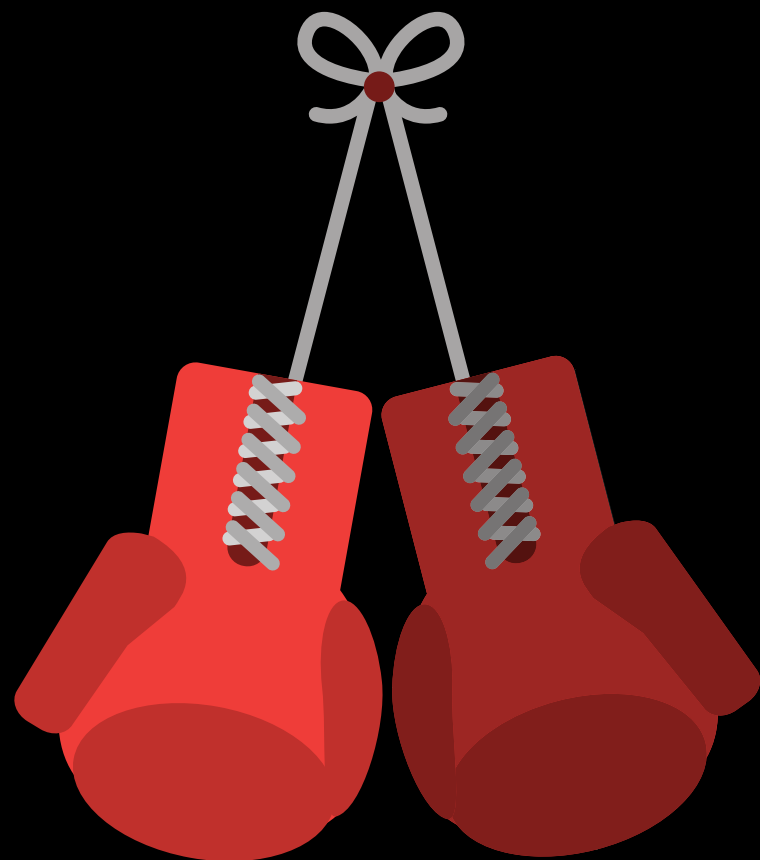
We are all going through this together.



VISUALIZE/VIDEO

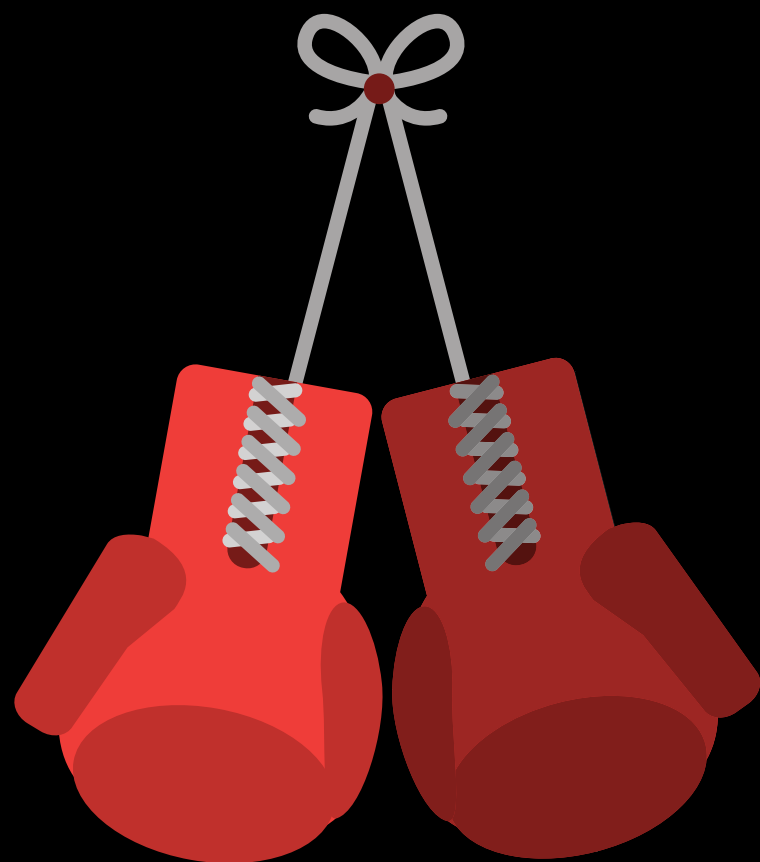
Visualize-Focus on a skill or technique that you want to master.

Video- Watch videos of your favourite boxers, analyze your old fights or watch fight video on future opponents.



INITIATIVE

Don't wait for someone to tell you what to do.
Step 1 is to make a plan. (For the day/week)



DEVELOP

Use this time to develop your skills and technique. This is a great opportunity to slow things down and make corrections. Go back to the basics and perfect them. Work on specific combinations, footwork and defence.

You get what you focus on



so focus on what you want

@mandybujold