



METHOD & MADNESS

THE DUNGEON SERIES
No. 01 — BOXING & STRENGTH

— A 7-DAY TRAINING PRIMER

Box. Build.

Seven days of boxing skill, kettlebell power, and conditioning you can run in a garage with three tools. Built on the four pillars every athlete trains — power, cardio, strength, mobility.

01 POWER 02 CARDIO 03 STRENGTH 04 MOBILITY

MANNY MUSCLE
#roomathlete

THE METHOD

HOW TO USE THIS PRIMER

YOU DON'T NEED A GYM. YOU NEED A HINGE, A ROPE, AND A REASON.

This isn't a random workout. Every session is built backward from a purpose. **Boxing** is the engine — it's the most fun way I know to train cardio, and it teaches rhythm, reflexes, and full-chain coordination.

Kettlebells carry the strength and power load because they're the one tool that hits all four pillars at once.

The week alternates **skill, power, and conditioning** with built-in recovery so you actually adapt instead of just getting tired. Each day is structured in four blocks:

a **skill** piece, a **cardio** piece, a **strength** piece, and a **mobility** finisher.

Scale it to you. Beginners cut the rounds in half and slow the pace. Move with control before you move with speed — a clean hinge beats a fast one every time.

Run it as written for seven days. Then run it again, heavier and sharper. That's the method: **build toward the end, then finish what you started.**

THE FOUR PILLARS

01 POWER Explosive hip drive — swings, throws, sharp punches.	02 CARDIO The engine — rope, rounds, interval conditioning.	03 STRENGTH Loaded carries, presses, squats, posterior chain.	04 MOBILITY Hips, t-spine, ankles — the foundation under it all.
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YOUR KIT — THREE TOOLS

1× KETTLEBELL

1× JUMP ROPE

RESISTANCE BAND

YOUR HANDS

A TIMER

THE WEEK — PART I

DAYS 01 — 04

DAY 01 SKILL

40-50 MIN

BOXING FOUNDATIONS

BOXING

SKILL

Shadow boxing — 5×3 min rounds. Drill 1-2, 1-2-3. Reset stance every round.

STRENGTH

KB goblet squat 4×10 · **KB row** 4×8/side.

CARDIO

Jump rope — 6×1 min on / 30s off. Stay on the balls of your feet.

MOBILITY

Wrist + shoulder circles · 90/90 hip switches × 8/side.

DAY 02 POWER

35-45 MIN

KETTLEBELL ENGINE

STRENGTH

SKILL

Swing technique — 3×10 light. Hinge, not squat. Snap the hips.

STRENGTH

KB clean & press 5×5/side · **KB deadlift** 4×8.

CARDIO

KB swing EMOM — 12 min, 15 swings at the top of each minute.

MOBILITY

Hip flexor stretch 2×45s/side · thoracic openers.

DAY 03 FLOW

25-30 MIN

ACTIVE RECOVERY

MOBILITY

SKILL

Slow shadow — 3 rounds, half speed. Focus on footwork only.

STRENGTH

Band pull-apart 3×15 · **dead bug** 3×8/side.

CARDIO

Weighted walk — 20-30 min. Add a vest or hold a KB suitcase-style.

MOBILITY

Full hip + spine flow, 10 min. Breathe through every position.

DAY 04 BAG

45-55 MIN

HEAVY BAG + POWER

BOXING

SKILL

Heavy bag — 6×3 min. Combos from the reference page. Last 30s = all-out.

STRENGTH

KB push press 4×6/side · **KB swing** 3×20.

CARDIO

Rope intervals between rounds — 30s fast double-unders or singles.

MOBILITY

Neck + wrist decompression · calf + ankle stretch.

THE WEEK — PART II

DAYS 05 — 07

DAY 05 BURN

35-40 MIN

HYROX-STYLE CONDITIONING

CARDIO

SKILL

Quick feet ladder or line drills — 5 min.

STRENGTH

KB front-rack carry 4×30m/side.

CARDIO

5 rounds for time: 20 KB swings · 15 push-ups · 200m run/row · 50 rope skips.

MOBILITY

Down-regulate: box breathing 3 min · couch stretch.

DAY 06 STEEL

40-50 MIN

STRENGTH + CORE

STRENGTH

SKILL

Shadow defense — slips, rolls, pivots. 4×2 min.

STRENGTH

KB goblet squat 5×8 · **single-leg deadlift** 4×8/side · **Turkish get-up** 3×2/side.

CARDIO

Rope 8×45s on / 15s off.

MOBILITY

Loaded carries → full-body stretch, 8 min.

DAY 07 RESET

30 MIN

RECOVERY & WALK

MOBILITY

SKILL

Optional light shadow, 2 rounds. Pure movement quality.

STRENGTH

None. Recovery is where adaptation happens.

CARDIO

10,000 steps. The intro to fitness everyone skips. Add a vest if you want sprint-level burn.

MOBILITY

Full 15-min flow. Hips, spine, shoulders, ankles.

THE NUMBERS

BOXING REFERENCE

LEARN THE SYSTEM — EVERY COMBO IS JUST NUMBERS

1 **JAB**
Lead hand, straight. Your range-finder.

2 **CROSS**
Rear hand, straight. Rotate the hip.

3 **LEAD HOOK**
Lead hand, horizontal. Pivot the lead foot.

4 **REAR HOOK**
Rear hand, horizontal.

5 **LEAD UPPERCUT**
Lead hand, rising. Drop slightly, drive up.

6 **REAR UPPERCUT**
Rear hand, rising.

FIVE COMBOS TO DRILL THIS WEEK

THE BASICS

1 · 2

Jab-cross. The foundation. Throw 100 a day.

OPEN THE DOOR

1 · 2 · 3

Jab-cross-lead hook. Classic three-piece.

INSIDE GAME

1 · 5 · 2

Jab-lead uppercut-cross. Splits the guard.

BODY TO HEAD

2b · 3 · 2

Cross to body, lead hook, cross. "b" = body shot.

THE FINISHER

1 · 2 · 3 · 2

Four-piece. Last shot is the hardest.

TRAIN IN THE DUNGEON.

This primer is the on-ramp. The real work happens in the room — boxing boot camps, kettlebell strength, and coaching built around the four pillars. Eight people per class. No machines. No fluff.

JOIN THE NEXT BOOT CAMP

6 weeks · capped at 8 · gear bundle included

GET STARTED →