



འབྲུག་ཐིམ་ཕུ་མཛོག་ཁུད་སྡེ་ཚོན།  
**DRUK THIMPHU BOXING CLUB**

**Training program for the first month**

Day	Timing	Activity
Monday	2 Hrs	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Warm-up</li> <li>• Jogging</li> <li>• Skipping</li> <li>• Cooling down</li> </ul>
Tuesday	2 Hrs	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Warm-up</li> <li>• Jogging</li> <li>• Skipping</li> <li>• Cooling down</li> </ul>
Wednesday	2 Hrs	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Warm-up</li> <li>• Basketball game</li> <li>• Cooling down</li> </ul>
Thursday	2 Hrs	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Warm-up</li> <li>• Jogging</li> <li>• Skipping</li> <li>• Cooling down</li> </ul>
Friday	2 Hrs	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Warm-up</li> <li>• Jogging</li> <li>• Skipping</li> <li>• Cooling down</li> </ul>
Saturday	2 Hrs	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Warm-up</li> <li>• Jogging</li> <li>• Skipping</li> <li>• Cooling down</li> </ul>
Sunday	2 Hrs	<ul style="list-style-type: none"> <li>• Stretching</li> <li>• Warm-up</li> <li>• Jogging</li> <li>• Skipping</li> <li>• Cooling down</li> </ul>



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