



PD5

FITNESS CARD GAME



AMPLIFY



DRIVE



REACT



POWER



CONNECT

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PD5

LONG GUARD REACH

Long Guard

REPS: 8

AMPLIFY



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POWER



CONNECT

Keep one hand close to your face and extend the other arm straight toward the target. Pull the arm back with control and repeat on the other side.

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PD5 BOXING | CARD 01 OF 22

LONG GUARD REACH

Long Guard

AMPLIFY

DIFFICULTY 

STANDARD

MOVEMENT FOCUS

A long, deliberate reach from guard that emphasizes posture, shoulder range and controlled return.

KEY BENEFITS

- 1 Encourages a larger, purposeful arm movement.
- 2 Practices keeping the opposite hand in a protective guard.
- 3 Supports shoulder mobility and upper-body alignment.
- 4 Reinforces controlled extension and return rather than rushed punching.

WHY IT MATTERS

Large, accurate reaches can help counter small or hesitant movement while building confidence in a stable boxing stance.

SAFE SCALING

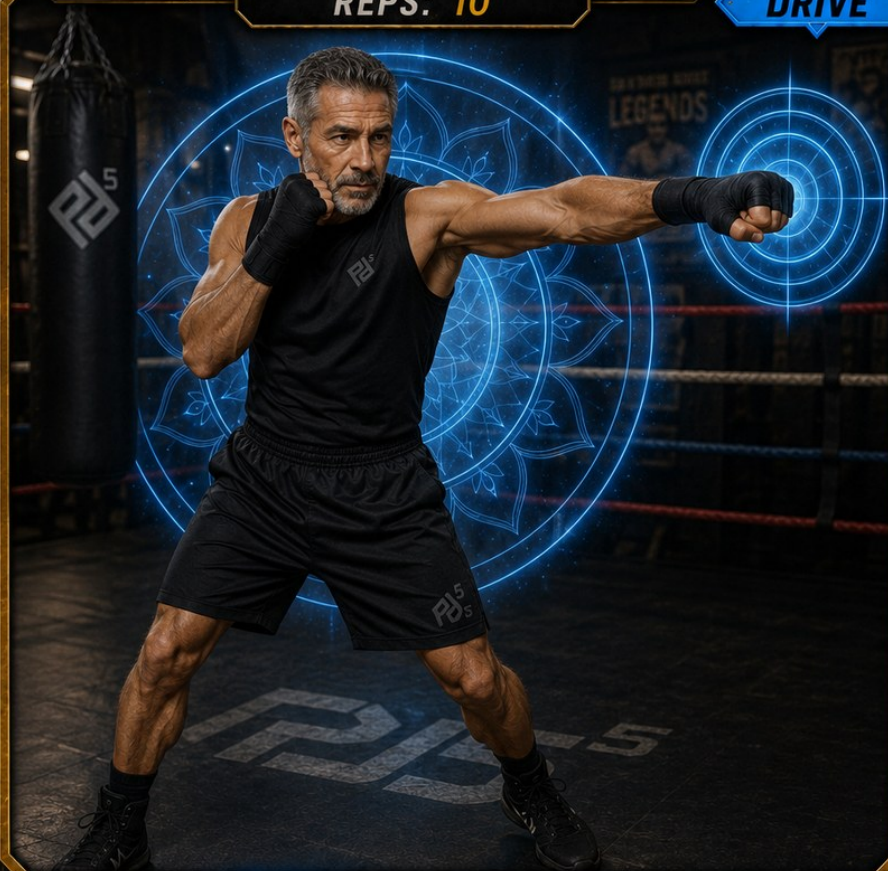
Reach only through a comfortable range. Keep the shoulder down and avoid locking the elbow.

GUARD JAB

Jab

REPS: 10

DRIVE



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Start in guard and extend your lead hand straight forward. Return the hand quickly to guard while keeping your stance steady.

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PD5 BOXING | CARD 03 OF 22

GUARD JAB

Jab

DRIVE

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A simple lead-hand punch that emphasizes direct movement, guard position and quick recovery.

KEY BENEFITS

- 1 Practices fast but controlled arm extension.
- 2 Reinforces returning the hand to guard after every jab.
- 3 Supports hand-eye coordination through a single clear target.
- 4 Builds rhythm without requiring a complex combination.

WHY IT MATTERS

A basic jab is an accessible way to practice movement speed, accuracy and a dependable ready position.

SAFE SCALING

Keep the stance comfortable and the punch submaximal. Stop if shoulder or elbow discomfort develops.

ONE-TWO RESET

One-Two Combination

REPS: 8

DRIVE



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REACT



POWER



CONNECT

Throw a controlled lead jab followed
by a rear cross.
Bring both hands back to guard and
reset your posture.

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PD5 BOXING | CARD 04 OF 22

ONE-TWO RESET

One-Two Combination

DRIVE

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A controlled jab-cross sequence followed by a deliberate return to guard and posture.

KEY BENEFITS

- 1 Coordinates the lead and rear arms in sequence.
- 2 Encourages trunk rotation during the rear-hand cross.
- 3 Practices resetting balance after a combination.
- 4 Develops timing and bilateral upper-body coordination.

WHY IT MATTERS

Sequenced combinations add cognitive and motor demands while preserving a clear beginning, middle and reset.

SAFE SCALING

Use light punches and a small rotation. Keep both feet stable and avoid overreaching.

SLIP GUARD RESET

Slip

REPS: 8

REACT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Start in guard, bend slightly through the knees, and move your head just outside an imagined punch. Return to center and rebuild your guard.

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PD5 BOXING | CARD 05 OF 22

SLIP GUARD RESET

Slip

REACT

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A compact defensive head-and-trunk shift that responds to an imagined incoming punch.

KEY BENEFITS

- 1 Practices quick directional response to a cue.
- 2 Uses controlled knee and trunk movement instead of a large bend.
- 3 Reinforces returning to center and rebuilding guard.
- 4 Challenges postural control during a brief lateral shift.

WHY IT MATTERS

Defensive reactions train the ability to move away from a cue and recover a stable position without freezing or rushing.

SAFE SCALING

Keep the slip small. Do not bend deeply or move the head beyond a comfortable, balanced range.

CATCH-AND-COVER

Catch and Cover

REPS: 6

REACT



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DRIVE



REACT



POWER



CONNECT

Open one hand to meet the cue,
then close both arms into a protective cover.
Reset quickly and repeat
toward the other side.

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PD5 BOXING | CARD 06 OF 22

CATCH-AND-COVER

Catch and Cover

REACT

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STANDARD

MOVEMENT FOCUS

A two-part defensive response that meets a cue with one hand and transitions into a protective cover.

KEY BENEFITS

- 1 Builds visual reaction and hand placement.
- 2 Practices switching rapidly between open-hand and closed-guard positions.
- 3 Coordinates both arms around the head and torso.
- 4 Reinforces a stable base during defensive movement.

WHY IT MATTERS

The drill links recognition, response and reset in a concise movement sequence.

SAFE SCALING

Keep the hands relaxed and the elbows comfortable. Avoid striking or forcefully blocking an object.

FAST UPPERCUTS

Uppercut Flurry

REPS: 12

REACT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Stay in guard and throw quick alternating uppercuts for the interval. Keep the punches compact and return each hand to guard.

PD5

PD5 BOXING | CARD 07 OF 22

FAST UPPERCUTS

Uppercut Flurry

REACT

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A short interval of compact alternating uppercuts designed around speed, rhythm and guard recovery.

KEY BENEFITS

- 1 Challenges rapid alternating arm movement.
- 2 Builds rhythmic coordination between the right and left sides.
- 3 Encourages compact punches that return to guard.
- 4 Raises movement intensity without requiring travel across the floor.

WHY IT MATTERS

Fast, repeated movements can train responsiveness and sustained motor output when performed with control.

SAFE SCALING

Keep the punches light and compact. Slow down immediately if form, breathing or balance declines.

REACT



Throw rapid jab-cross combinations while keeping your feet planted and balanced. Reset the hands to guard after each combination.

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Evidence basis: [1][2][3][5][6] | Educational use; not a substitute for individualized clinical guidance.

FAST HAND FLICKS

Hand Speed Drill

REPS: 14

REACT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Hold your hands in front of your body and open and close your fingers quickly. Keep your shoulders relaxed and stop before tension builds.

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PD5 BOXING | CARD 09 OF 22

FAST HAND FLICKS

Hand Speed Drill

REACT

DIFFICULTY 

STANDARD

MOVEMENT FOCUS

A quick finger-opening and closing drill performed with relaxed shoulders and steady arm position.

KEY BENEFITS

- 1 Promotes rapid finger and hand movement.
- 2 Challenges fine-motor speed without heavy resistance.
- 3 Encourages awareness of unnecessary shoulder tension.
- 4 Provides an accessible seated or standing reaction drill.

WHY IT MATTERS

Small, quick hand actions add variety to the set and directly engage dexterity and movement initiation.

SAFE SCALING

Keep the wrists neutral and stop before cramping or tension develops. This can be performed seated.

FAST HAND CLAPS

Reaction Clap Drill

REPS: 12

REACT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Clap your hands quickly in front of your chest for the interval. Stay upright and keep the movement controlled.

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PD5 BOXING | CARD 10 OF 22

FAST HAND CLAPS

Reaction Clap Drill

REACT

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A rapid bilateral clapping drill that combines timing, midline coordination and controlled speed.

KEY BENEFITS

- 1 Coordinates both hands toward a shared target at midline.
- 2 Practices quick movement initiation and repetition.
- 3 Supports rhythm and auditory feedback.
- 4 Can be scaled easily by changing speed or range.

WHY IT MATTERS

Clear sound and hand contact provide immediate feedback that can support timing and engagement.

SAFE SCALING

Use a comfortable speed and soft contact. Keep the shoulders relaxed and avoid breath holding.

AIR DRUMS

Rhythm & Coordination

REPS: 45 SECONDS

REACT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Pretend you're playing a drum set in the air.
Move your hands to different "drums" and "cymbals"
in a steady rhythm.
Keep your core tight and stay light on your feet.

PDS

PD5 BOXING | CARD 11 OF 22

AIR DRUMS

Rhythm Hand Drill

REACT

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A rhythmic targeting drill that moves the hands among imaginary drums positioned at different heights.

KEY BENEFITS

- 1 Challenges hand-eye coordination across several targets.
- 2 Builds rhythm while changing movement direction and height.
- 3 Encourages bilateral arm use and trunk awareness.
- 4 Adds a playful cognitive-motor task to the boxing sequence.

WHY IT MATTERS

Target changes and steady rhythm require attention, planning and continuous movement rather than a single repeated action.

SAFE SCALING

Use imaginary targets within easy reach. Keep the feet planted or perform the drill seated if needed.

AIR SPEED BAG

Speed & Timing

REPS: 45 SECONDS

REACT



Simulate hitting a speed bag in the air.
Use quick alternating punches with relaxed shoulders.
Focus on rhythm, timing, and precision.
Keep your core tight and stay on your toes.

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PD5 BOXING | CARD 12 OF 22

AIR SPEED BAG

Speed Bag Drill

REACT

DIFFICULTY

STANDARD

MOVEMENT FOCUS

A circular hand-speed pattern that simulates working a speed bag at chest or eye level.

KEY BENEFITS

- 1 Promotes quick alternating hand rhythm.
- 2 Challenges shoulder endurance and circular coordination.
- 3 Encourages steady timing with relaxed upper-body movement.
- 4 Supports sustained attention to a repeated motor pattern.

WHY IT MATTERS

Speed-bag patterns combine rhythm, bilateral coordination and controlled repetition in a compact movement space.

SAFE SCALING

Keep the elbows below shoulder strain and use small circles. Pause if neck or shoulder tension increases.

FOUR-CORNER PUNCH SEQUENCE

Four-Corner Punch Drill

REACT

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CHALLENGE

CHALLENGE CARD - ADVANCED COMPLEXITY

Adds four targets, directional decisions and repeated guard resets. Reduce the number of targets before increasing speed.

MOVEMENT FOCUS

A multi-target sequence requiring punches toward four called locations with a controlled return to guard.

KEY BENEFITS

- 1 Challenges visual scanning and spatial awareness.
- 2 Builds motor planning across high, low, left and right targets.
- 3 Reinforces guard recovery after each strike.
- 4 Combines reaction, accuracy and sequencing under greater cognitive demand.

WHY IT MATTERS

This challenge is more difficult because the player must identify, remember and accurately reach several targets without losing stance.

SAFE SCALING

Begin with two targets and add the others gradually. Keep all targets within a comfortable range.

FOUR-CORNER PUNCH SEQUENCE

Four-Corner Punch Drill

CHALLENGE

REPS: 8

REACT



 **AMPLIFY**  **DRIVE**  **REACT**  **POWER**  **CONNECT**

From guard, punch toward four called targets:
high left, high right, low left, and low right.
Return to guard after each strike and complete
the sequence without rushing.

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REAR CROSS ROTATION

Cross

POWER

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STANDARD

MOVEMENT FOCUS

A rear-hand cross driven by controlled rotation through the hips and torso.

KEY BENEFITS

- 1 Connects lower-body force with upper-body movement.
- 2 Practices trunk rotation through a functional range.
- 3 Reinforces rear-hand extension and guard recovery.
- 4 Builds coordinated power without requiring maximal force.

WHY IT MATTERS

Rotational movement is important for turning, reaching and generating force efficiently through the whole body.

SAFE SCALING

Keep the feet grounded and rotate only as far as balance allows. Use moderate effort rather than maximal punching.

REAR CROSS ROTATION

Cross

REPS: 8

POWER

AMPLIFY

DRIVE

REACT

POWER

CONNECT

Rotate through your hips and torso while extending the rear hand forward. Return to guard without losing your stance.

CONTROLLED UPPERCUT

Uppercut

POWER

DIFFICULTY

STANDARD

MOVEMENT FOCUS

A single upward punch that begins with a small knee bend and finishes with a controlled return to guard.

KEY BENEFITS

- 1 Integrates legs, trunk and arm in one upward movement.
- 2 Encourages lower-body contribution rather than arm-only effort.
- 3 Practices controlled vertical force production.
- 4 Reinforces balance during a compact power action.

WHY IT MATTERS

Whole-body integration helps the player produce purposeful movement while maintaining posture and control.

SAFE SCALING

Use a shallow knee bend and stop the fist below excessive shoulder elevation. Alternate sides slowly.

CONTROLLED UPPERCUT

Uppercut

REPS: 8

POWER

AMPLIFY
 DRIVE
 REACT
 POWER
 CONNECT

Bend slightly through your knees and drive one fist upward from below. Return to guard with control and alternate sides.

SQUAT + ONE-TWO

Squat to One-Two Combination

POWER

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STANDARD

MOVEMENT FOCUS

A compound drill that links a comfortable squat with a controlled jab-cross combination.

KEY BENEFITS

- 1 Builds lower-body strength through sit-to-stand mechanics.
- 2 Connects leg drive with upper-body sequencing.
- 3 Challenges posture during a level change and return to standing.
- 4 Develops multi-step coordination and movement memory.

WHY IT MATTERS

Combining lower- and upper-body tasks creates a practical whole-body strength and sequencing challenge.

SAFE SCALING

Use a shallow squat or a chair target. Complete the stand before punching and keep a support nearby.

SQUAT + ONE-TWO

— Squat to One-Two Combination —

REPS: 6

POWER



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Lower into a comfortable squat, rise to standing,
and throw a controlled jab-cross.
Return to guard before repeating.

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POWER UPPERCUTS

Power Uppercut

POWER

DIFFICULTY

STANDARD

MOVEMENT FOCUS

Strong alternating uppercuts produced from a firm stance using coordinated leg and torso action.

KEY BENEFITS

- 1 Builds repeated whole-body force production.
- 2 Strengthens the connection between stance, trunk and arms.
- 3 Challenges bilateral power and guard recovery.
- 4 Increases movement intensity through larger, deliberate punches.

WHY IT MATTERS

Alternating power actions require the player to produce force, stabilize and immediately prepare the opposite side.

SAFE SCALING

Use submaximal force and keep punches compact. Stop before fatigue causes leaning or loss of guard.



 **AMPLIFY**

 **DRIVE**

 **REACT**

 **POWER**

 **CONNECT**

Set your feet firmly and throw strong alternating uppercuts using your legs and torso. Return each hand to guard before the next punch.



POWER AIR SLAM

Medicine Ball Slam Pattern

POWER

DIFFICULTY ●●●●●

STANDARD

MOVEMENT FOCUS

An overhead reach followed by a forceful downward arm drive that simulates a medicine-ball slam.

KEY BENEFITS

- 1 Encourages large overhead and downward arm movement.
- 2 Engages the trunk and legs during a whole-body power pattern.
- 3 Builds coordination between reach, bend and stable finish.
- 4 Provides a vigorous non-contact movement option without throwing equipment.

WHY IT MATTERS

Large vertical movement can promote amplitude, strength and purposeful whole-body effort.

SAFE SCALING

Use no weight unless cleared and supervised. Reduce overhead height for shoulder limitations and keep the back neutral.

POWER AIR SLAM

Medicine Ball Slam Pattern

REPS: 8

POWER



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Reach both arms overhead and drive them downward as if slamming a ball. Bend your knees slightly and finish in a stable stance.

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BOXER BALANCE HOLD

Boxing Stance Balance

REPS: 6

CONNECT

5

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DRIVE

REACT

POWER

CONNECT

Set a boxing stance and briefly lift the rear heel or one foot while keeping your hands in guard. Lower with control and repeat on the other side.

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BOXER BALANCE HOLD

Boxing Stance Balance

CONNECT

DIFFICULTY 

STANDARD

MOVEMENT FOCUS

A guarded boxing stance combined with a brief rear-heel or single-foot lift.

KEY BENEFITS

- 1 Develops balance within a functional athletic stance.
- 2 Strengthens ankle, hip and trunk stabilization.
- 3 Practices maintaining guard while the base of support changes.
- 4 Builds confidence with controlled weight transfer.

WHY IT MATTERS

Balance tasks become more meaningful when they are integrated into the posture and hand position used elsewhere in the game.

SAFE SCALING

Use a wall, rail or sturdy chair. Begin with a rear-heel lift before attempting to lift the foot.

CONNECT



CONNECT

Stand tall in guard and breathe in slowly through the nose. Exhale as your shoulders relax and your hands return to a calm ready position.

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Evidence basis: [1][2][6] | Educational use; not a substitute for individualized clinical guidance

SHADOW BOXING

Shadow Boxing

REPS: 45 SECONDS

CONNECT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Create a short sequence of controlled punches, defensive movements, and resets. Move continuously while maintaining balance and awareness.

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SHADOW BOXING

Shadow Boxing

CONNECT

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A continuous, self-directed flow combining controlled punches, defensive movement and resets.

KEY BENEFITS

- 1 Integrates multiple boxing skills into one fluid sequence.
- 2 Builds rhythm, endurance and whole-body coordination.
- 3 Challenges planning and movement selection in real time.
- 4 Encourages balance and awareness while transitioning between actions.

WHY IT MATTERS

Shadow boxing connects individual skills into meaningful movement flow while allowing the player to control pace and complexity.

SAFE SCALING

Use short combinations and modest footwork. Stay within a clear area and slow down whenever form declines.

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Editorial note. The movement-specific benefits in this guide are concise exercise-intent summaries derived from the cited evidence on Parkinson disease exercise, skill-based training and non-contact boxing. Boxing-specific research remains emerging and mixed. These summaries are not claims that any single card independently treats Parkinson disease.