Clustering for Boxing

Utilizing cluster sets is a great way to stress the body with full extent on each rep by resting in between the reps so if you performed 6 reps at 80 percent or above you rest 10 to 20 secs in between reps to lift the weight with complete power output. It is difficult to perform these when going straight into each repetition. This gives the athlete adequate rest to reset and really push to lift the weight as fast as they can with full velocity resulting in power which is moving something heavy really fast. This could go the same as a punch in boxing moving your body really explosively to really generate a lot of force in your punches at the speed you move it. Cluster sets will translate towards your boxing performance.