



BOXING IS AN ANCIENT CRAFT THAT HAS EVOLVED FROM BARE KNUCKLE PUGILISM INTO THE LAS VEGAS SPECTACLE TO WHICH WE ARE NOW WITNESS. IT IS A DISCIPLINE WITH RULES, DECORUM, AND METHOD. AT THE HIGHEST LEVEL, BOXERS MUST BE IN SUPERB PHYSICAL CONDITION, AND EXHIBIT MENTAL COMMITMENT AND DRIVE.

For those who choose not to jump into the ring but rather follow the training techniques of the craft, they will find the skills that they gain will be easily transferable to other sports. A racquet sport player will find that the balance, agility, and strengthening associated with a boxing workout will only help their game. A baseball player likewise will find conditioning that will accentuate both their offensive and defensive strengths, as well as build on their hand/eye coordination. Cyclists, runners, hockey players, and soccer players will find that stamina increases from following the regimen of The Ultimate Boxing Workout. The Sweet Science compliments all sports. We encourage everyone, whatever game is their passion, to include The Ultimate Boxing Workout as part of their fitness training. You will never regret it! You will be accessing a sport that is completely versatile and creative.

Boxing will never cease to surprise you as you continue to learn its methods and philosophy. You will be better as an athlete and you will have fun!

Boxing Burns Serious Calories

The Ultimate Boxing Workout incorporates high-intensity training intervals and this causes a spike in the heart rate. The short rest period following the high intensity interval allows the heart rate to normalize. These short energy bursts are incredibly efficient in fat burning. You can expect to burn around 200 and 400 calories for an average 30-minute training session.

Boxing Knocks Out Stress

In addition to all the physical benefits, boxing has an emotional benefit. Why? Because it helps to alleviate stress. This is accomplished when hitting the punching bags or punch mitts, providing a primal therapy of

sorts. Boxing training can improve your mental state since you need to be alert at all times to focus on your technique and combinations. It is a great form of mental exercise.

These authentic boxing workouts have been developed over years, working with some of the world's best boxers and trainers. The Ultimate Boxing Workout is for those who want to experience the type of training a boxer goes through to get into top shape. This is the place where boxing and fitness meet in perfect balance. As you start your fitness boxing journey, this book will offer you the best of both worlds.

Benefits of Exercise

The physical and psychological benefits of exercising are numerous including weight control, the reduction of such diseases as cardiovascular disease, type 2 diabetes, and some cancers. Staying active and following an exercise program will increase bone density, as well as diminish joint pain. Muscle strength is improved and the aging process is slowed down. Exercising elevates self-esteem and has a positive effect on mental health.



VIEW FROM THE CHAMPS

Alicia Ashley made boxing history by claiming WBC female super bantamweight title, at the age of 48 making her boxing's oldest champion, male or female, surpassing Bernard Hopkins by 2 weeks. She is also holds the Guinness World Record as oldest champion.

"I CONSIDER BOXERS TO BE ONE OF THE BEST-CONDITIONED ATHLETES BECAUSE OF THE AEROBIC, ANAEROBIC, AND STAMINA INVOLVED. BOXING IS A FULL BODY WORKOUT."

—Alicia Ashley



Alicia Ashley

Cecilia Braekhus, WBA, WBC, WBO Female Welterweight Champion, states, "Our training is very special and it covers the entire body. You have to be 100 percent fit otherwise you are in trouble. The conditioning is very popular in fitness studios. I know a lot of people who take boxing training just for fitness reasons. There is no better training for your overall fitness".

"I like the diversity and all the different elements of boxing training. The mental part, the strength, the technical part, the dancing, the footwork...and then, on fight day, it's just you in the ring. The whole sport is really fascinating. You can learn

something new every day. Hang in there and fight for your dream. You can do almost everything if you really want it and work hard."

PHYSICAL ATTRIBUTES OF SUCCESSFUL ATHLETES

The skills and physicality of athletes vary from sport to sport, however there are twelve general physical attributes all great athletes must strive to achieve. These twelve characteristics can all be improved by following the Ultimate Boxing Workout.



Cecilia Braekhus

1. Cardiovascular/respiratory endurance

The ability of the heart, lungs, and blood cells to gather, process, and deliver oxygen-rich blood to the working muscles tissues. Boxers must have the endurance to perform at an optimal level for the entire length of the fight. Maintaining the same level of intensity from the first round to the last. This is achieved with skipping, heavy bag training, and punch mitt routines.



2. Stamina

The ability to sustain prolonged physical or mental effort. Physical stamina levels can be significantly improved with the unique workout elements of boxing training. To achieve improved fitness levels stamina or endurance is a key component.



3. Strength

The ability of a muscular unit, or combination of muscular units, to apply force. When in the ring, strong, powerful punches are essential for a boxer. By delivering forceful punches repeatedly on the heavy bag, overall strength is developed. The upper body, shoulders, arms, core, and leg muscles play an important role in producing strong punches.



4. Speed

The ability to minimize the time cycle of a repeated movement. All great champions shared one great attribute. That is speed - the speed needed to avoid getting hit by punches and the speed to land punches. Throwing rapid-fire punches and reducing the amount of time between the strikes improves striking speed. Punch mitt training and speed bag training develops muscle memory and improves speed and reaction time.



5. Power

The ability of a muscular unit, or combination of muscular units to apply maximum force in minimum time. Power is the combination of strength and speed. Boxers utilize both of these elements to be successful in the ring. To deliver punches with precise, explosive power, the muscles of the arms, upper body, core, and legs are trained. The heavy bag is the perfect piece of equipment to improve power.



6. Balance

The ability to control the placement of the body's centre of gravity in relation to its support base. Boxers are always on the move and must have a sense of how to maintain a strong centre of balance. They need to be able to throw punches from awkward angles and be able to move to maintain their equilibrium after exchanging punches. Jump rope and punch mitt routines train and improve your balance and ease of quick movement.



7. Coordination

The ability to combine several distinct movement patterns into a singular distinct movement. Boxers develop and execute synchronized punching combinations matched with defensive moves and balanced footwork. When working on punch mitts drills, your coordination is cultivated by throwing and executing synchronized punching combinations and matching this with balanced footwork. Also, speedbag training improves hand-eye coordination and timing.



8. Flexibility

The ability to maximize the range of motion at a given joint. Boxers need to be agile to avoid incoming punches by slipping and ducking. Flexible muscles allow for quick movement changes and prevent the risk of muscle tears and injuries to the joint regions. To execute any sports related movement, your muscles need to be supple and reactive at the same time. An effective stretching routine is incorporated into the ultimate Boxing Workout.



9. Agility

The ability to minimize transition time from one movement pattern to another. Boxers train to be light on their feet, allowing for free-flowing transitions and a variety of punch sequences to be administered. Shadow boxing, jump rope, and foot work drills help to improve agility.



10. Accuracy

The ability to control movement in a given direction or at a given intensity. Boxers train to develop the delivery of the perfect punch or punch sequences to the desired location. Working on the double-end bag, speed bag, and focus mitts all challenge and improve your accuracy.



11. Focus

Concentration on the task at hand. Focus on technique, being in the moment and doing your best. In no other sport is it more important for an athlete to be 'in the moment'. Good boxers have to be one step ahead of their opponents for the entire bout. They must maintain perfect concentration for every second of every round. Punch Mitts, also known as Focus Mitts, is a great training routine to sharpen focus and concentration.



12. Commitment

Mental commitment and drive ensuring adherence to a training schedule and the goal at hand. Boxing champions have the commitment and the intense mental focus required to succeed. Great boxers take pride in the process of developing a strong, lean, healthy body so their every move is executed with perfection. Boxing training encompasses every element required for total body fitness.



If you want to achieve the physicality of a great athlete, the quick reflexes, agility, balance, power, and coordination, then you need to train like one. The Ultimate Boxing Workout mimics the training techniques of the best-conditioned athletes in the world. It offers variety and is both challenging, fun and is never boring. One of the most difficult challenges when pursuing a healthier and a more active lifestyle is being consistent and sticking with the training. The key is to stay inspired and motivated with your workout to get the maximum benefit from your commitment.

MOTIVATION TO TRAIN

“Perhaps the greatest benefit of an entertaining workout is the motivation to exercise when you otherwise might not train.” (Floyd Mayweather Jr. boxing’s pound-for-pound champion)



Boxing King Floyd Mayweather Jr.

TALE OF THE TAPE

Each one of us has distinct and unique abilities, capabilities, and capacities. Your current fitness level, as well as the rate and degree of improvements in your fitness status are directly influenced by your age, gender, heredity, past physical history, and your current fitness level. It is helpful to understand how your body develops and adapts to training.

In boxing the term, the ‘Tale of the Tape’, refers to an athlete’s prefight stats. The information includes measurements, such as height, weight, reach, and age. From a fitness point of view this phrase has equally important implications. Everyone has his or her own unique body type, musculature, fast or slow twitch muscle fibres, cardio-vascular fitness, a base starting fitness level, percentage of fat, and responsive adaptation rates.

Training Effect



The Training Effect

Fitness training places physical demands on your body resulting in improvements in the capability, functionality, and capacity when exercising. Your level of physical fitness is indicative of your level of commitment to training and when the appropriate physical demands are introduced into your training program, your fitness level improves. However, when the exercise demands are not sufficient or cease, your fitness level plateaus or may decline. When a fitness plateau is realized it is time to alter your workout program change the stresses on the body and introduce new, different, and additional demands.

A training effect results when the body’s musculature, cardio-vascular, and respiratory systems adapt to the demands of the physical effort. A threshold demand is necessary for improvements to occur. If the demand is not sufficient, then changes will not occur. If the demand is too great, then injury or over-training can occur.

"PERHAPS THE GREATEST BENEFIT OF AN ENTERTAINING WORKOUT IS THE MOTIVATION TO EXERCISE WHEN YOU OTHERWISE MIGHT NOT TRAIN."

—Floyd Mayweather Jr.

The heart, lungs, muscle, joints, and the immune system all adapt to exercise. The muscles get stronger, the joints become sufficiently lubricated, the bones become stronger and thicker, the heart pumps out a greater volume of blood to the working muscles and the lungs provide a greater percentage of oxygen to the circulatory system.

Factors involved in this adaptation process include overload, specificity, reversibility, as well as individual differences. All of these will determine the rate and type of physical gains you will obtain.

Overload Principle

The stress or demands of a movement or activity must be greater than what the body is accustomed to, in order for an overload to take place. When additional exertion is required to execute a movement, increased demands are placed on the varying systems of the body. Just by starting a different training program, new demands or overloads are placed on the body and fitness level improvements can be acknowledged quickly.

When your body adapts to the training overload placed upon it, accommodation will occur. Accommodation is when there is no longer any additional progress in your fitness level. It is the result of the body successfully adapting to the training stimuli and is often referred to as reaching a plateau.

As previously mentioned, a fitness level plateau is reached when limited or no improvements in your fitness level is seen. To achieve improvements a new overload must be added to your training program. To avoid or overcome a fitness level plateau and to progressively improve your physicality it is important to provide sufficient variety in your training regimen. Ways to provide variety in your training are to reduce or alter the rest time between the exercises, change the speed or the rate at which the exercise is executed, change the number of sets and/or repetitions of an exercise, change the exercise or the

order in which you perform the exercise, and increase the load or demand. The key is to provide variety and various ongoing overloads to the body. Boxing training is versatile and offers dynamic and countless training options.

Exercise choices and time allotments need to be considered, and rest intervals are very important to maximize the overload tensions. With adequate rest and sufficient recovery time, the body will get stronger and fitness levels will improve. If you are new to fitness training, it will take the body a few months to adapt to the new demands of the activity and variety is not as imperative.

Specificity

The body adapts specifically to the type of stress and demands that are placed upon it and therefore the type of adaptation results from the actual training regimen. A good training program places stress on the muscles that are required to perform a specific movement and also include muscle movements that are as close as possible to the activity that you want to improve.

There are a number of types of specificity such as: speed of a muscle contraction, the sequence of a movement, the speed of a movement, specific motor patterns and synchronicity, and the power

Specificity



behind the movement. Boxing training offers an exhilarating variety of exercises and workout overload options for continued athletic progress, giving an effective and invigorating total body workout.

Deconditioning Syndrome

If you do not exercise and do not place specific demands or an overload on the body, your fitness level not only plateaus it will reverse to a lower level. When a muscle is not used or has been immobilized, atrophy will occur. This means the strength and the mass of the muscle will decrease. Your joints lose lubrication, your bones become brittle, your heart rate increases, and less oxygen is delivered to the working muscles. You become deconditioned.

TRAINING INTENSITY

Train with passion, commitment, and consistency to achieve the greatest return from your workout. There will be workouts when your body will respond efficiently and there will be workouts when you may feel sluggish and uninspired.

Rate of Perceived Exertion (RPE)
How hard do you have to work to achieve the fitness level you want? A simple method to measure and monitor how hard you are working or your ‘exercising intensity’ is to use a Rate of Perceived Exertion Scale: 0 -10.

This scale is based on a 0 – 10 level chart rating how you feel when physically exerting yourself. While you are sitting in a chair at rest the exertion rating is zero. When you move your arms while sitting in a chair the rating is 1. Warming up before exercising helps to increase the blood flow to your muscles and the rating is 2-3. Walking at a moderate pace is a rating of 3. When it is very difficult to continue the activity for more than a minute, like sprints or speed work, the rating is 9-10.

- RPE Scale**
- 0-1 No exertion. Sitting in a chair and relaxed.
 - 2-3 Light exertion. Your muscles are starting to warm up. Warm-up exercises, stretching, cooling down.
 - 4-5 Medium exertion. Heart rate increases slightly, breathing slightly faster, and your body is getting warmer.
 - 6-7 Moderate exertion. Your breathing increases and you will start for to sweat. Talking will become more difficult.
 - 8-9 Hard exertion. Your breathing becomes more laboured and it is difficult to talk.
 - 10 Hardest exertion. It is difficult to keep this pace for more than 1 minute then this is your limit. You will be unable to speak.

Regardless of your current fitness level or the type of training you are performing, using RPE to gauge your exercise intensity is effective and helpful. Basically, your effort, fatigue, or discomfort experienced during either cardio activities or resistance training can be correlated to the RPE Scale. The scale typically shows a linear relationship of how hard your heart is working and the quantity of oxygen being

consumed with the amount of exertion you believe you are generating. It is simple and uncomplicated, no equipment is required, and you do not have to stop the activity to get a reading. It is easy to continually monitor how you feel and therefore how hard you are working whether you are running, jumping rope, hitting the bag, or performing focus mitt drills. Adjust your workout intensity level up or down to correspond to the scale and then train at this desired rate. Learn to listen to your body and how you are feeling.

Knock the Boredom Out of Your Workouts!
The Ultimate Boxing Workout provides an exhilarating and fun alternative to help you achieve maximum results in the most efficient way possible. By choosing a workout with a wide variety of fitness training options, setting realistic goals for yourself, making physical activity a priority in your everyday life, and adopting a healthy diet, you can acquire a superior overall physical conditioning and well-being. Improvements in muscular strength and endurance, cardiovascular and respiratory endurance, flexibility, and body composition can be achieved with The Ultimate Boxing Workout.



▼ Knock the boredom out

