

10 Reasons why we believe boxing “Rocks”



At gloveson, our aim is to bring boxing to everyday people, not just elite fit athletes. Nowadays, personal trainers and group exercise instructors are integrating boxing into their own workouts as a preferred method of cardio-vascular training.

Boxing for fitness simply ‘rocks’ because of the cardiovascular benefits your clients receive. In addition to the cardiovascular benefits, boxing also gives you a full body workout that is fun safe and challenging. At gloveson we believe boxing is a fantastic holistic workout that physically transforms your body, and releases stress, all at the same time.

We know there’s no better workout!



Here are 10 reasons why boxing “Rocks” for your clients!

1. The high intensity training of a ‘boxing workout’ burns incredible amounts of fat in recovery so you do not have to work out as often.
2. Boxing will increase stamina, strength, speed and coordination
3. Boxing is a holistic workout that releases stress when hitting the bags
4. Boxing is a brilliant aerobic workout that will increase your heart and lung capacity
5. The constant rotation of the upper body means your abdominal muscles and oblique’s (love handles) are constantly worked without doing a sit up
6. Boxing increases postural muscle strength, which helps to alleviate common lower back complaints and gives you the appearance of being thinner and taller
7. Boxing conditions the total body for everyday life
8. Boxing is a high intensity full body workout, and females who train this way will find they will tone their hips, butts, thighs, and torso more quickly and effectively
9. Boxing can be done in isolation through shadow boxing, and in pairs and for those who like group exercise,-this is a must!
10. Boxing is so versatile, trainers can do it indoors or outdoors. Its a perfect all year around activity

Have you considered boxing as a full body workout?

Boxing has become ever more increasingly popular in gyms and personal training studios. Today, Gym owners and managers of fitness centres realise the benefits of boxing as a full body workout for both men and women of all ages, as boxing workouts target all areas of the body. For example:

Chest, Shoulders and Arms

Punching better known as (Jabbing in boxing) is a great way to tone and give your triceps muscle a workout. Your chest and shoulders, also gain a massive workout every time you punch!

Upper and lower back

The increase in lower back pain in our community and directly with our own clients is high, and sadly increasing. Boxing for fitness, is one of the few activities you can do with your clients that certainly defines, strengthens and tones your whole back. Movement patterns pertinent to boxing, such as twisting, ducking, weaving and rotating the upper body while pivoting on your feet, guarantees all your postural muscles in your back gets strengthened throughout the workout.

Legs and Butt

Boxing for fitness is a multi compound full leg, and butt workout. Each time you duck and weave you work your inner thighs, quadriceps, hamstrings, and calves. Also when ducking and weaving you give your butt muscles (gluteus) a great workout that you will feel and notice.

Abdominals

In a boxing workout, all four abdominal muscles are activated and continuously working together for core stability. The deep abdominal muscle (transverse) is being contracted isometrically while your superficial muscles, rectus abdominus, along with your internal and external obliques are working concentrically and eccentrically to create core stabilisation. When you and your clients integrate ducking, weaving or twisting into your workout you will feel like you just finished an ab session!



Conclusion

If you are bored with your current cardio-vascular fitness program and looking for something different, then seriously try boxing! It's so versatile, it can be done indoors or out, and it's not affected by seasonal changes or every day weather patterns, i.e. wind, rain or sun.

The great benefit of boxing for fitness is it enables you the (trainer) and your clients to engage immediately. By hitting the pads or ducking and weaving, the focus stays on the task at hand, making your workout a fun, yet challenging program.

Add boxing for fitness into your existing program and you will have a client base that is cardiovascular fit, physically strong and looking great. With boxing we believe you can have it all!