



BOXFIT



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Some people have no problem jumping on the treadmill or going for a run around the park, but for many, "cardio" usually means "chore". Boxing however, seems to exclude itself from other forms of cardio and is a great way to get in shape and get fit.

It is great for those wanting to lose weight, get fit, rip up (get defined), and even those that don't want to risk cardio in the fear of losing those hard-gained pounds.

Warm up: Weight loss candidates and those wanting to improve fitness can warm up with their usual 10 - 20 minutes of cardio that I have prescribed in previous articles (60 - 75% maximum heart rate). If you are an ecto or wanting to get ripped, try a short intense warm up, eg 50m sprint, 15 step-ups on each leg onto a bench, or high step followed by five plyometric jumps of three or four sets (80 - 95% maximum heart rate).

Most of these exercises would be better performed with a training partner, but can be done alone. Pick up gloves and pads at www.workoutworld.net (stores in Embankment and Kingston). Fitness First has sets available for their members to train with in the club.

Beginners rest between exercises, intermediates between circuits and advanced after all the circuits.



Arms

Warm up: Start with 30 secs - 1min of alternate jabbing. Keep these punches quick and light. Throwing full-on swings at the pads before you have warmed into it might lead to a rotator cuff tear or other injury ... Stretch, then do another set ... Stretch again. Now with your left leg slightly in front of your right, two light jabs with the left and a medium powered blow with the right of 15 reps and then change to the other side (remember to change your foot stance). Get your partner to hold the pads far overhead and fire off 30secs of punches, then back to shoulder height, two with the left and one with the right. Complete circuit three times.



Legs

Warm up: A great way to improve flexibility, balance and to tone up those troublesome thighs is with kicks. So first, 15 side kicks from each leg onto the pad which is against the side of your partners thigh ... Stretch, and then do another set.

Then step it up to a double kick – two consecutive kicks without putting your foot down. Advanced can do the first kick to the thigh and the second to the shoulder. 10 kicks each side, 30 seconds of boxing and repeat the circuit again. Make sure you pull your heel back towards your glutes between each kick.

Time to go full out. A punch with the left, a punch with the right, partner swings over your head, you duck-come up and throw another big left and right into the pads for 10 reps. Followed by the same starting combo, left, right, this time when you partner swings you move to the left and kick with the left, then the same on the other side. **IL**

