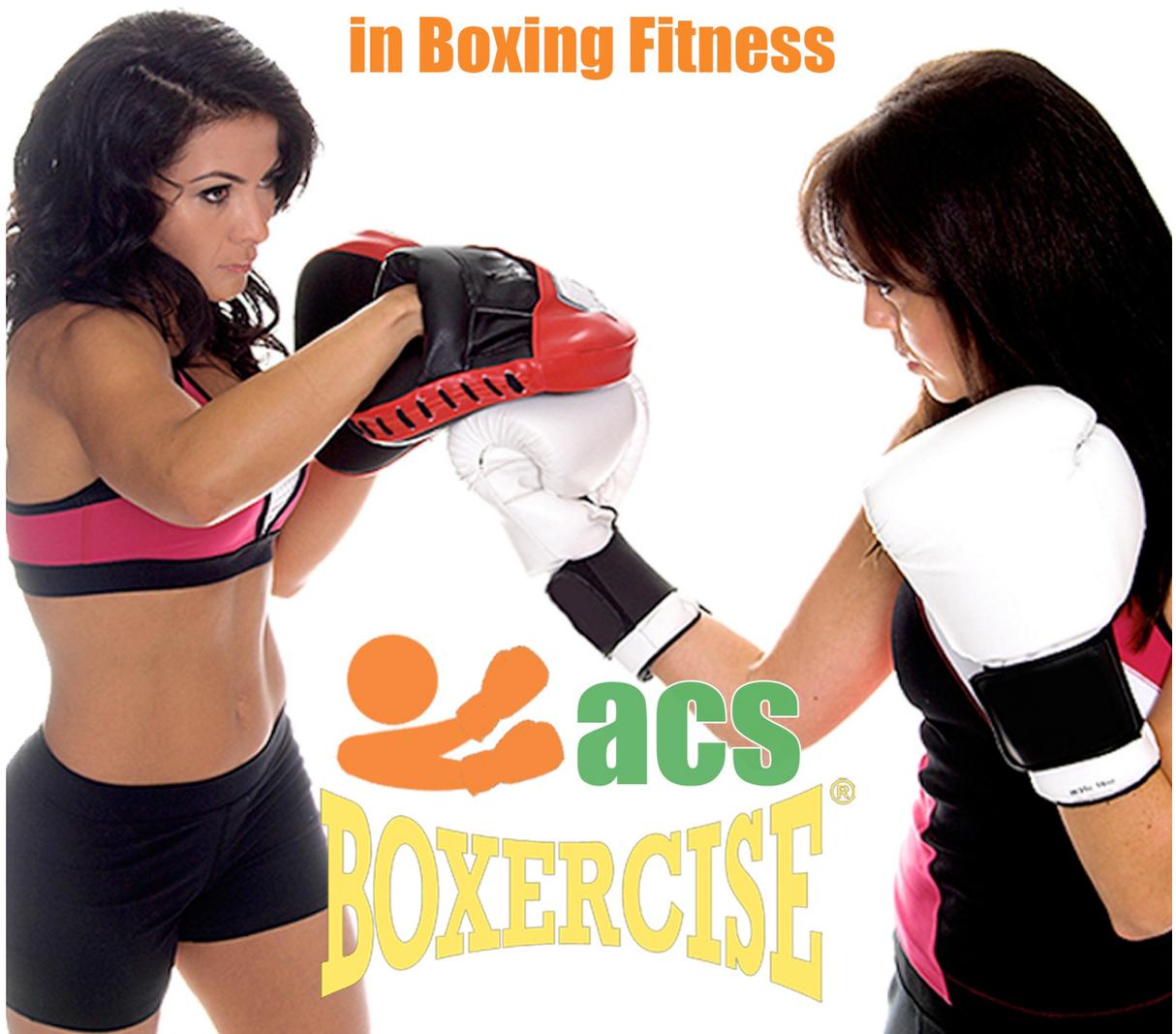


BOXERCISE®

Welcome to the world's biggest brand
in Boxing Fitness



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SO WHAT IS BOXERCISE®?

Boxercise® is a Registered trademark applied to an exercise concept using boxing skills. It was launched in 1992 by boxing coach Andy Wake and it has steadily grown in popularity over the years into a worldwide exercise phenomenon.

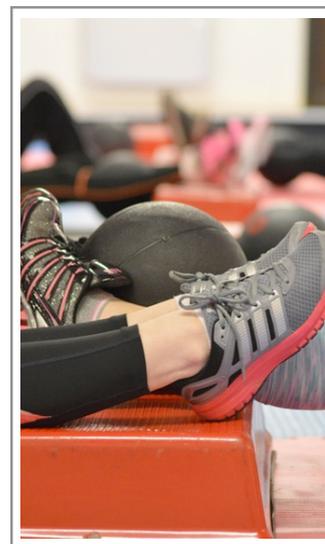
Boxercise is used in self contained fitness classes in addition to sessions run by personal trainers and bootcamp instructors. There is only one Boxercise, but there are many imitators and although they do share Boxercise's use of traditional boxing skills and non-contact exercise routines, some lack the important safety aspect required to become a Boxercise instructor. Most people (kids especially) like 'hitting pads' but not everyone wants to join a Boxing gym where the level of training and commitment both by coaches and participants is geared towards competitive competition in the ring. Having said that though, if you do decide you'd like to try competitive boxing, then the basics you will learn in Boxercise will stand you in good stead.



TELL ME MORE

Classes can take a variety of formats: circuits with or without additional equipment, one-on-one, or class based exercises, usually in pairs, involving the use of gloves and pads - the latter is the more commonly used format for participating in Boxercise and the one preferred by [ACS BOXERCISE](#)/[ACS MAGFA](#).

Most Boxercise classes are aimed at men and women of all ages and fitness levels – [ACS BOXERCISE](#) also runs Boxercise sessions for children, usually in a school based environment providing a great alternative to team based exercise and sport. No class ever involves physically hitting a partner (often referred to as sparring) because this type of personal 'combat' is the preserve of the specialised Boxing gyms – so, if you want to box for real, you need to train at a boxing gym although, there's no reason why you couldn't also take up Boxercise to help with your fitness goals.



In fact, Boxercise is used by many individual sports men and women, or sports teams, as an important element of their overall physical fitness training, GPs have even recommended Boxercise as part of a rehabilitation package or as an alternative to anti-depressants - 64.7 million prescriptions in 2017, a 108.5% increase in the last decade!

SO WHO CAN TAKE PART?

Boxercise is all inclusive. Whatever your size or shape you can have a go. You may be restricted due to a physical condition, or current fitness level but, you will be able to participate in most exercises or adaptations of those exercises.

We've had classes that have included participants who were deaf, blind, in a wheelchair or with learning difficulties such as Downs Syndrome and Cerebral Palsy. Ages (for adult classes) start at eighteen years. Any children under eighteen who wish to participate, must be accompanied by a parent/older sibling or supply a letter of parental consent.*

Our classes are mostly female but are advertised as mixed gender. We do have a female instructor for female only classes, but these classes are provided on an ad-hoc basis depending on instructor availability and number of participants.

So, generally speaking you will be invited to join a mixed male/female class. You may also be required to complete a PARQ (Physical Activity Readiness Questionnaire) if you've been ill, hospitalised or under medical supervision. If you do have a pre-existing medical condition that impairs your ability to exercise either on a temporary basis or long term, then you should seek medical advice, we may also ask for a GP letter confirming your ability to take part in one of our classes

RUN & PUNCH EXERCISE DRILL



[View this video on youtube](#)

WHAT EQUIPMENT DO I NEED?

You don't need any equipment, we supply the gloves and pads, but, if you have your own, and they're in good condition (no torn pieces of leather or pvc sticking out) you are welcome to use them. All you need is comfortable leisure/sports and footwear and of course, a bottle of water.



Please note that for classes at our ACS MAGFA venue, footwear will need to be for inside use only, as the flooring is martial arts matting. You can also buy and use your own hand wraps or inner gloves for added hand protection.



STRESS BUSTING FUN

Boxercise is a great way to relieve the everyday stress brought on by the tensions of our modern lives. Exercise releases endorphines which diminish the perception of pain and act as sedatives. In short, an exercise session will improve your anxiety levels, give you a feeling of well being and energise your frame of mind. Many studies have shown that people who exercise regularly, benefit with a positive boost in mood and lower rates of depression while those with high levels of aggression can channel their anger through vigorous exercise.

Even though there is no physical contact, it enables you to feel in control of your body. Regular Boxercise stimulates your mind and boosts your self esteem. It's a great activity for overweight children who either lack the skills or enthusiasm for competitive sports. And of course, increased self-esteem leads to improved confidence making you a harder target for bullies and intimidation.

SOUNDS PERFECT, NOTHING'S THAT GOOD

Okay, let's just swallow an honesty pill for a second. Nothing in this world is perfect, nothing in this world carries a uncommitted guarantee of success without failure. So what could go wrong if you participate in a Boxercise class? You could get sore knuckles, not common but it can happen. Hand injuries are the biggest risk, especially damaged wrists due to improper technique. Falling over, it can happen, but if you are attending a class at our ACS MAGFA venue the flooring is soft and designed to take the impact of a falling body. Twisted ankles, knee, rare, but with any physical activity requiring leg movements or running it can happen.

Shoulders injuries caused by poor pad holding technique or a puncher using too much uncontrolled power.

It is the coaches job to ensure that all these risks are minimised by ensuring pad holding and punching techniques are correct and that there are no hazards such as defective equipment or obstacles in the way of the participants.



WHAT BOXERCISE ISN'T

Boxercise uses key boxing skills in a safe non-combat environment. It doesn't teach you how to produce a knock out punch - that's not it's purpose.

If you want to learn how to punch hard then these classes aren't for you. We can show you how to punch hard, produce a knockout blow, produce power from a short range or under restriction, but not at our Boxercise classes.

Also, Boxercise isn't self defence. Yes you can use boxing skills to defend yourself, but self defence requires a totally different mind set and skill acquisition.

To put it simply, if you adopt a boxers stance in a confrontation on the street, you could find yourself on the wrong side of the law even though your intentions were honourable and meant only to protect yourself or others - if you want quality and legal self defence instruction then talk to us about self defence

OKAY SO WHAT ARE THE BENEFITS OF BOXERCISE?

Increased mental agility

Sports behavioural studies have shown that the training techniques adopted by boxers using punchbags and pads lead to improved decision-making skills

Improved hand eye coordination

Unlike asymmetrical sports such as tennis and golf, your body improves evenly on both sides, because you work both sides equally thus reducing posture misalignment

Strengthens muscles

Boxing techniques improve muscle strength used in everyday activities, as well as the 'fast twitch' muscle fibres required for shorter, more explosive movements

Increases stamina

Research from the Indian Journal of Medicine has estimated that boxing is 70%-80% anaerobic (high-intensity) and 20%-30% aerobic; training increases stamina in heart and lungs

International Journal of Science and Research (IJSR) Physiological, Biochemical and Strength Profile of Indian Cyclists and Boxers - A Comparative Study
Volume 3 Issue 12, December 2014 Page 98 1. Introduction [9]

Raises core strength

By holding your balance, you engage and strengthen your abdominals - this increased core stability can reduce the risk of back pain and improve posture

Weight /dieting

Regular exercise combined with an appropriate diet helps control weight, loss and weight management

Improved health

Regular exercise such as Boxercise, helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes and depression, to name just a few

Exercise boosts energy

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores

Prevent cognitive decline

Working out, boosts the chemicals that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning

Sharpen memory

Working out can boost memory amongst adults. A study showed that running sprints improved vocabulary retention among healthy adults

Help control addiction

Alcohol abuse disrupts many body processes, including circadian rhythms. As a result, alcoholics find they can't fall asleep (or stay asleep) without drinking. Exercise helps reboot the body clock

THE BASIC 8 BOXERCISE PUNCHES

(featuring Andy Wake Boxercise creator)



No1. Jab



No2. Cross



No3. left hook high



No4. right hook high



No5. left hook low



No5. right hook low



No7. left upper cut



No8. right upper cut

Thank you for downloading this short e-book introduction to our ACS Boxercise classes.

To view a list of all ACS services visit our website:

<http://www.acs-magfa.co.uk>

Contact details for all ACS MAGFA related services can be found here:

<http://www.acs-magfa.co.uk/index.php?id=contact-us>

PARQ Physical Activity Readiness Questionnaire download :

<http://www.acs-magfa.co.uk/ACS-MAGFA-PAQ.pdf>

THE LEGAL BITS

*Children under 18 may participate at our adult Boxercise sessions if accompanied by an adult or we have written parental consent. Our instructors can be found on the Boxercise UK coaching database plus all ACS MAGFA instructors and coaches carry enhanced DBS certification. All relevant documentation is available to view upon request.

ACS BOXERCISE is one of the sports/fitness related business related services run under the ACS MAGFA (martial arts, games & fitness academy) banner which in turn is a coaching subsidiary of ACS Design & Leisure.

To view how we deal with personal information please view our [privacy policy](#)

Boxercise®® - The Biggest Brand Name in Boxing Fitness

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