THE BLUEPRINT TO ELITE PERFORMANCE

TRAIN LIKE A CHAMPION LITE

A TASTER E-BOOK INTRODUCING OUR 10 WEEK SPORT SCIENCE PROGRAM FOR BOXING

Strength | Fitness | Nutrition | Movement | Testing
The Blueprint To Elite Performance Is Here!!

Ever felt flat in training? Drained to make weight? Not seeing the progression you hoped for?

With tireless hours spent in the gym, gruelling runs out on the roads, and intense pressure when stepping in the ring, not many people will argue against Boxing being the toughest sport in the world.

You want to make this better. You want to feel great, enjoy training and achieve results.

Take a second and imagine you’re the ultimate boxer. A boxer who has everything. All the physical attributes that makes a champion. Movement, strength, stability, balance and fitness.

You have the knockout strength when you want it. The movement to dance around your opponent how you like. And the fitness to keep popping punches at will for 12 rounds without tiring.

We can help you!

You don’t have to imagine this anymore. These qualities are not fixed. You are not given them at birth. You can train them.

The Train like a Champion program will help you develop these qualities to become the boxer you dream about.

Are you ready to start your transformation into an elite athlete?

CLICK HERE TO GET 20% OFF TRAIN LIKE A CHAMPION
The Programs

This program will offer the four pillars of a boxer's sport science program.

You're going to train like a beast, be as supple as a leopard, and eat like a champion.

**Conditioning Handbook - Page 6**

- Science behind the fighter’s engine to gain a better understanding for high intensity conditioning.
- 10-week high-intensity running program designed to get you in the best shape of your career.
- World class running tools that have been delivered at the highest level to help you achieve world level fitness.
- Running monitoring tool to optimise performance and avoid overtraining.

**Strength Handbook - Page 7**

- Science behind the punch to give you a better understanding what makes strong and fast punches.
- Build foundational movement patterns.
- 10-week S&C training program designed for you to feel stronger, move better and hit harder.
- Monitoring tool to ensure overload and progression.

**Movement Handbook - Page 8**

- Mobility training to keep you loose and injury free.
- Highlight and combat common movement issues for Boxers.
- Improve your punch flow and dynamic movement in the ring.
- 10-week mobility program you can do ANYWHERE.
- Learn how to warm-up effectively.
- Plyometric and co-ordination drills to improve speed and agility.

**Nutrition Handbook - Page 9**

- Detailed and informative nutrition guide to help you fuel your training for optimal performance.
- All you need to know for macro-nutrients: Why? What? When? How Much?
- A 3-phase diet guide suited to YOUR weight category.
- Make the weight easier than ever with advice on what to eat on fight week, on the day and before you climb the ropes.
Train Like A Champion

This is a 10-week program designed by the experts at Boxing Science. We have worked with over 100 boxers, ranging from junior amateurs to professional world champions.

Our program is supported and structured with scientific research, and we have had a huge impact on boxers’ physical performances.

However, we only achieve optimal results with the commitment and efforts of the boxers we work with. This is an opportunity for YOU to take part in a world-class program and train like the champions at Boxing Science.

The blueprint to elite performance is HERE, it’s now your CHANCE to execute the game plan and achieve the results you have always dreamed of!

Train Like A Champion – Coaching Videos

Not only are we providing a world-class program covering all areas of sport science, we are offering you our coaching knowledge, wisdom and tricks to help you achieve optimal results.

The 5-part video series includes step-by-step guidance on how to perform the key exercises of the program, as well as how to use your performance profiling and Bluetooth heart rate monitors.

The videos are provided via a private link

Squat Mastery
Deadlift Mastery
Bench Press Mastery
How to use a Bluetooth heart rate monitor
Performance Profiling
Main Handbook

Are you looking for a program that ticks all the boxes?
Do you desire to be the best possible athlete you can be to fulfil your fighting potential?
Are you wanting to set targets and blow them away?
Are you wanting a program proven to get you the results?
If you answer YES! Then the Boxing Science Train Like A Champion program is for you!

I WANT THIS

The main handbook for Train Like A Champion is a fantastic introduction to your 10-week sport science program.

We clearly outline what you need to do to complete the program, how to manage training loads and plan your daily routine.

The main handbook will help you understand the program, how to set goals and how to evaluate your progress by using the self-assessment tool.

Why Is Testing Important?

Testing is one of the most important aspects of an effective sport science program.

Results can inform a boxer of their strengths and areas for improvement. This allows us to structure an effective program, to set appropriate goals and evaluate the success of the training program.

However, it’s more than just fitness testing for boxing. The assessments set an elitist mentality as we are improving the knowledge and understanding of how a boxer should approach training and preparing for competition.

The testing sets our athletes up to train The Boxing Science Way.

CLICK HERE TO GET 20% OFF TRAIN LIKE A CHAMPION
Conditioning Handbook

Are you bored of long, hard runs and wanting a new challenge?

Let your fitness enable you to go faster and harder in sparring? Dominate every round at a high tempo on fight night?

If your answer is YES! Then the Boxing Science Conditioning Handbook is ideal for you.

**MY ANSWER IS YES**

This handbook explains the benefits of high intensity interval training and the step by step process on how to structure your 10-week program.

The program is fast, explosive and varied, every session will present its unique challenges and push you to the limit. You will be able to go faster and harder, dominating the red zone and your opponents.

This program has helped champions such as Kell Brook and Kid Galahad achieve the fitness levels boxers dream about. This is YOUR OPPORTUNITY to achieve world-class results.

**Why High-Intensity Interval Training?**

Traditional boxing training methods has seen athletes perform long, steady (in our eyes slow) road runs to build up endurance to ‘go the distance’.

What about if we told you that boxing is not an endurance sport? And that you are no longer required to spend hours pounding the pavements?

Research shows that boxers experience high heart-rates and lactate levels, as well as high punch frequency, volume and force output.

This suggests that Boxing is a **high-intensity intermittent-impact sport**. Boxers should then look to develop the ability to perform at high intensities.

High-intensity interval training is an effective conditioning tool to improve your intensity you can perform at, and how you can repeat and endure them. This program will target YOUR ability to perform and dominate the ‘red zone’.
Strength Handbook

Are you looking for an edge over your opponents? Moving strongly and freely around the ring?

Do you desire to punch faster and harder than ever?
Wanting to be robust and injury free?

If your answers to these questions are YES, then the Strength Handbook is ideal for you!

This handbook explains the benefits of strength training, how to build up your core and a full instructional guide on how to perform the exercises on your 10-week program.

The program will develop strength and movement skills to transfer to stronger, more dynamic performances in the ring and provide the foundations for future training.

Every session is structured based on Boxing Science research, and is proven to improve strength, speed and explosiveness. Our boxers have become totally different athletes, and can perform at intensities their opponents can only dream about.

Why Strength Training?

Skill and technique are the main ingredients to delivering fast, hard punches. However, how long have you been working on this? And how detrimental would it be to totally strip down your technique?

Systematic strength and conditioning programs are an effective way to improve the way we produce punching force, and requires NO TALENT. Our programs target strength, movement and speed adaptations to help your body produce more force in a short amount of time.

Boxing Science research has found that lower-body impulse and trunk mass are the main physical contributors to a forceful punch. These characteristics can be overloaded and developed by traditional strength training methods such as squats, deadlifts and Olympic lifting regressions, as well as explosive core and punch-specific training.

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Movement Handbook

Are you wanting to move better and faster? Flow around the ring and be more explosive?

Are you wanting to reduce muscle freshness and tightness? Get the most out of your sessions and feel GREAT?!

If you answer YES! Then the Boxing Science Movement Handbook is ideal for you.

The Movement Handbook is an easy to follow guide on movement, mobility and speed training that can really help your daily training routine.

This handbook offers an insight to the common mobility issues boxers and combat athletes may face. Also, we provide a daily workout that you can do ANYTIME, ANYWHERE.

You should eat and when to make the weight safely and effectively. We also provide hydration, fuelling and recovery strategies so you achieve the optimal results session by session.

We provide a TAILORED 3 phase diet plan to YOUR weight category that will help you reduce body fat and maintain muscle mass so that you become fitter, leaner and stronger than ever.

Why Is Movement Training Important?

Movement and mobility training helps reduce muscular imbalances, this helps reduce likelihood of injury. This doesn’t often get boxers excited... but what about if we told you it will improve your punching force?

It’s not just stretching either. You can improve the way you produce force and glide around the ring with dynamic, flowing and explosive exercises. Our movement training helps improve your punching range as well as becoming more resilient to injuries.

In this handbook, we will introduce mobility, movement and plyometric exercises to improve the way you move around the ring, flow during delivering faster and harder punches.

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Nutrition Handbook

Are you wanting to lose body fat and look awesome? Wanting to fuel performance and enhance your recovery?

Are you wanting direction with your diet and achieve optimal results?

If you answer YES! Then the Boxing Science Nutrition Handbook is ideal for you.

BUY NOW

The Nutrition Handbook is one of five handbooks that complement each other to put together YOUR OWN world class sport science program, so you can now can train the Boxing Science way ANY TIME, ANY PLACE!

This 25-page handbook offers guidance on the types of food boxers should eat and when to make the weight safely and effectively. We also provide hydration, fuelling and recovery strategies so you achieve the optimal results session by session.

We provide a TAILORED 3 phase diet plan to YOUR weight category that will help you reduce body fat and maintain muscle mass so that you become fitter, leaner and stronger than ever.

Why Is Nutrition Important?

It is well known that boxing is a weight category sport, and athletes aim to achieve the lowest body mass possible in order to ‘be big at the weight’ to gain an advantage over their opponents.

To gain this advantage, you want to have optimal body composition. That means reduced body fat and maintenance of muscle mass, this is most likely to be achieved with a structured nutrition plan.

Most nutrition plans require an athlete to be in a calorie deficit, this means training performance and recovery rates may be impaired. Our world-class nutrition plan will manage the timing and type of foods to help you fuel for training and refuel for optimal recovery.

CLICK HERE TO GET 20% OFF TRAIN LIKE A CHAMPION
Boxing Science Facebook Training Group

By purchasing this product, we would like to welcome you as part of our performance network.

You can speak with our coaches and other Boxing Science boxers through our Facebook Training Group.

This training group is set up for everybody that is on a Boxing Science program. This is open to share progress and reflections, whilst the coaches can pass on knowledge 24/7.

This adds a more personal touch to your program, improving your Boxing Science experience to boost your performance.

What you can use the Facebook group for….

- Post testing and workout reports, share your progress and we will keep you on the right track.
- Any exercise videos so our S&C coaches can help you master your technique
- Be first to find out about new products and promotions
- Be up to date with the progress of other boxers on the program, this will help you keep motivated.
- Any other questions or queries, we are here to help!

The Team

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