



**BOXING**  
SCIENCE

**TRAINING &  
CONSULTANCY**

# MASTER THE THINGS THAT TAKE NO TALENT

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# THE BLUEPRINT TO ELITE PERFORMANCE



Boxing Science provides cutting-edge training to boxers and combat athletes worldwide; we are at the forefront of academic research in combat sports and deliver educational programmes to boxers and coaches using our insights from elite performance and pioneering research.

Our sport science practitioners have over 25 years of experience from grass-roots to elite performance, and we are proud to have worked with hundreds of professional and amateur boxers, including World, International, Commonwealth, European, British and regional champions.

We have developed our unique insights into the preparation of boxers through rigorous scientific exploration of the key factors that underpin boxing performance. Our physical performance tests enable us to identify the characteristics required for successful performance and analyse these in detail on an individual level. This scientific approach helps us to plan and deliver training programmes with precision and unlock an athlete's potential.

This brochure highlights our services and consultancy packages available to any level of combat athlete, whether you are local, within the UK or international. Wherever you are in the world, and whatever standard you may be, we can provide a bespoke training package to get 100% out of your training and improve your physical performance.

# OUR TEAM



## DANNY WILSON

Co-Founder | S&C Coach

Danny is a UKSA accredited strength and conditioning coach with a wealth of world level experience. He has coached 100's of boxers, from World Champion professional to junior amateur boxers. Danny has an MSc in Sport and Exercise Science, and developed the Boxing Science strength and conditioning programme.



## ALAN RUDDOCK

Co-Founder | Performance Physiologist

Alan has a PhD in sport science from Sheffield Hallam University, UK and is a Fellow of the British Association of Sport and Exercise Sciences. Dr Ruddock has worked with Olympians, Paralympians and World Champions in a range of sports for over 10 years and provided sport science support to boxers in more than 15 world-title fights.



## LEE RICKARDS

Performance Nutritionist

Lee is a performance nutritionist who works in professional football and boxing. He is a practitioner registrant of the sport and exercise nutrition register (SENr), ISAK accredited to perform accurate body composition testing, and has an MSc in Sport and Exercise Science. Lee is undertaking a PhD in the use of polyphenols and exercise induced muscle damage.

# TESTING & CONSULTANCY



Our world-class testing packages give you the precise details to help inform your training programme, set goals and monitor progress. This is ideal for any fighter looking to get 100% out of their training.

## STRENGTH PROFILING

Strength training is a crucial aspect of a boxers physical preparation. Our strength testing provides boxers with a unique insight into force development that is used to inform strength training and improve physical performance.

## MOVEMENT SCREEN

Boxers need excellent movement capabilities to transfer force from foot to fist. Our movement screening highlights areas for improvement in movement and mobility that enables us to select exercises to optimise force development.

## PUNCH ASSESSMENTS

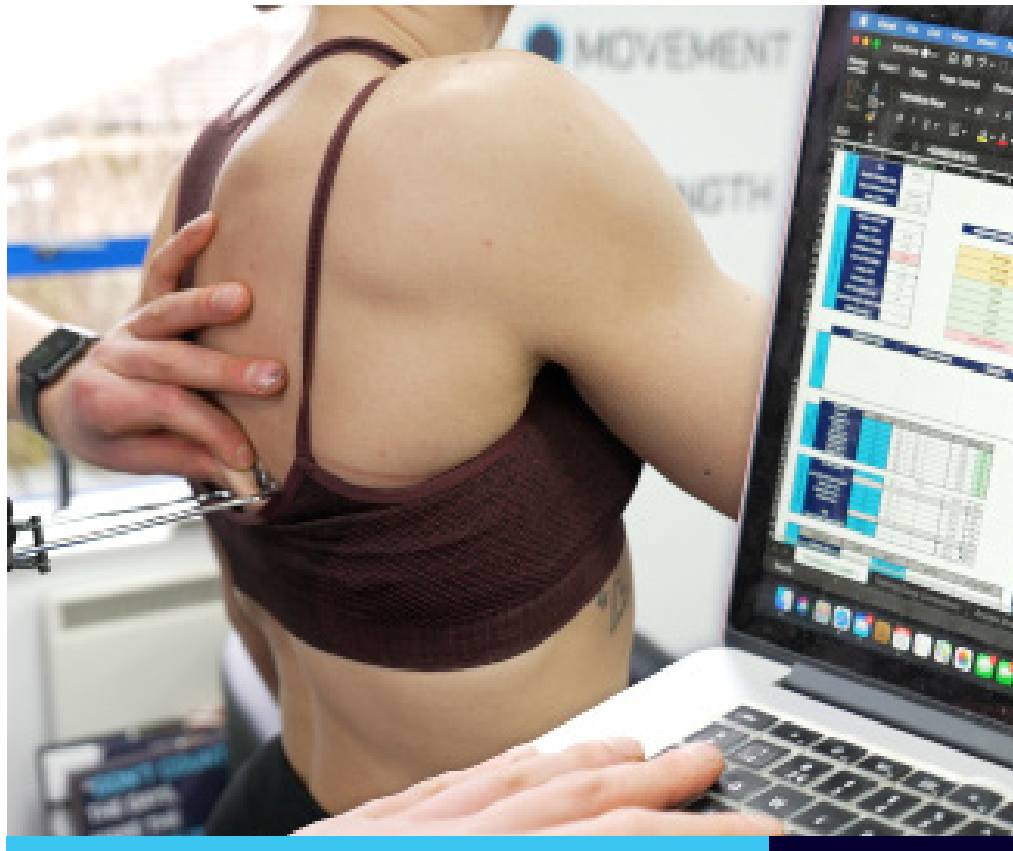
Our unique punch-velocity profile developed at Boxing Science allows us to assess your punch force and give you an insight into how we can train your ability to deliver effective punches.

## BODY COMPOSITION

The amount of lean tissue and its distribution throughout your body is a key factor for performance. Our body composition analysis combines skinfold assessments with Bioimpedance Spectroscopy to give you an accurate picture of your current body composition.

## FITNESS TESTING

Fitness is an essential component of boxing performance. Our fitness tests enable us to analyse your physiology and determine the most effective type of conditioning specifically for you.



Ensuring you're fueled using the nutrient-rich foods at the right time is an essential component of your performance.

Our nutritional assessments provide you with a comprehensive insight into your nutritional status enabling you to optimise your training adaptations.

# NUTRITIONAL ASSESSMENTS

## — BODY COMPOSITION ANALYSIS

The amount of lean tissue and its distribution throughout your body is a key factor for performance. Our body composition analysis combines skinfold assessments with Bioimpedance Spectroscopy to give you an accurate picture of your current body composition.

## — RMR ASSESSMENTS

Our assessment of resting metabolic rate provides the foundation for your nutritional recommendations by understanding how much energy you use at rest.

## — DIET ANALYSIS

Our diet analysis provides us with an insight into what you eat and when so that we can make tailored nutritional recommendations to fuel your training and improve your performance.

## — BLOOD PROFILES

Used in conjunction with your diet analysis we can identify the aspects of your diet that need targeting to improve your vitamin and mineral status.

# NUTRITION SERVICES

## — INDIVIDUAL DIETS

Diets are not just simply a 'one size fits all' approach. Boxers require individualised nutrition to optimise their results, fuel their performance and 'make weight' safely. The individual nutrition support will be tailored to the athletes physical profile and training schedule.

## — BODY COMPOSITION

Further to the nutrition testing, it's important to have regular body composition assessments to monitor progress and make necessary adjustments to nutritional strategies.

## — WEEKLY CHECK-INS

We understand that schedules may change and that there are certain 'sticking points' when reducing body mass. That's why we offer a weekly check-in service to help adjust the plan accordingly and offer that reassurance.

## — FIGHT-WEEK DIET PLANS

Acute body mass manipulations can be effective in helping an athlete make weight safely whilst feeling energised during fight week. We support you from the scale s to th e r i n g with an effective refuel and pre- fight nutrition strategy to optimise performance.



It's not just about making weight. Effective nutritional strategies are required to help reduce body mass progressively throughout the camp. This will help reduce body fat, preserve lean tissue mass and fuel performance.

We're with you every step of the way with our regular contact, weekly check-ins and fight week strategies.

# REMOTE CONSULTANCY

## INDIVIDUAL PROGRAMMING

Using your test results, we structure a programme that is suited to your individual athletic profile and current training goals. We'll integrate strength training and high-intensity conditioning sessions within your boxing training schedule.

We'll create a periodised training plan to target the required adaptations identified through testing and structure progressive overload and deload periods. This will help optimise the results from each training block, avoid overtraining and enable you to reach peak performance on fight night.

## TRAINING EXPERIENCES

Athletes can visit the Boxing Science Performance Centre and train with our team to kickstart the training program or at various stages of camp. This will help athletes get a detailed understanding of the sessions and exercise techniques required in their remote programme.

## REMOTE COACHING

Our team can be accessed 24/7, with direct messages and weekly check ins. We can adjust the programme for changes in the training schedule, and offer coaching on exercise videos to make sure the programme is being executed with precision.





# TESTIMONIALS



“

Boxing Science has been a massive part of my development as an athlete and a fighter, The training is forever evolving and I am consistently improving in my strength, speed, movement and fitness, which is vital when I step up through the levels.

**JORDAN GILL****Professional Super-Featherweight Boxer**

“

The remote programme ticks all the boxes. The program is clear to understand and the team is approachable if I need help or any adaptations to the schedule. From a performance perspective I've never felt better! I have gained muscle mass, but I have the fitness and speed to match it.

**FABIO WARDLEY****Professional Heavyweight Boxer**

“

Working with Boxing Science for my S&C and nutrition has developed my athleticism to help me unlock my boxing potential. I feel more explosive and able to work through the gears which really suits my boxing style.

**LERRONE RICHARDS****Professional Super-Middleweight Boxer**

# PACKAGES

## SPORT SCIENCE TESTING + REMOTE CONSULTANCY

### BODY COMPOSITION + PHYSIOLOGICAL ASSESSMENTS

Body Composition Assessment  
Resting Metabollic Rate Assessment  
Physiological Assessments including  
VO<sub>2</sub> max and Wingate Assessment

**£180 per person**

### BOXING SCIENCE TESTING BATTERY

Movement Analysis  
Strength + Speed and Punch Assessments  
Resting Metabollic Rate  
Advanced Body Composition  
Physiological Assessments  
Advanced Feedback and Analysis

**£350 per person**

### BOXING SCIENCE TESTING + REMOTE CONSULTANCY

Sports Science Testing Package  
1 x S&C Session  
2 x Phased 10-Week Program  
Fight Week Program  
Remote Support & Contact for 10 Weeks

**£650 per person**

### SPORT SCIENCE TESTING - TEAMS (3-4 PEOPLE)

Movement Analysis  
Strength, Speed and Punch Assessments  
Load-Velocity Profiles  
Physiological Assessments  
Feedback and Analysis

**£600 per group**

**Save £680**

FOR ENQUIRES E-MAIL [DANNY @ DANNYWILSON@BOXINGSCIENCE.CO.UK](mailto:DANNYWILSON@BOXINGSCIENCE.CO.UK)



# TRAINING & CONSULTANCY

These packages highlight the testing, consultancy and training packages available to any level of combat athlete, no matter if you are located within the UK or internationally. Wherever you are in the world, and whatever standard you may be, we can provide a bespoke training package to get 100% out of your training and improve your physical performance. To learn more about our packages and pricing please email our team at [info@boxingscience.co.uk](mailto:info@boxingscience.co.uk).

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