

FEATURE

THE JUMP

BOXING **CLEVER**



'THUMP' is an exciting new Boxing for Fitness training system coming to the UK from Australia.

Caroline Sandry

packed her gloves and hit the road to see if 'THUMP' really packed a punch!

I love boxing for fitness, and so do many of my clients – both male and female. It gives an amazing all over body workout, whilst letting off steam and releasing pent up frustration. But, I have never felt qualified enough in spite of attending several courses over my decade of personal training, and felt a bit fraudulent as I held my pads up! I have seen guys boxing – it looks awesome, but I never felt that I was simulating anything even close to it. Until I got 'THUMPed' that is!

The background

THUMP training systems was developed in 2001 by Christian Marchegiani.

As a young man, and an immigrant living in Australia, life was far from easy, and Christian found himself in numerous scrapes. Things came to head after some trouble with the law, who offered him the choice between jail, and boxing school. Christian took boxing school, and so began his amazing journey. Looking for a fresh start he headed out to New York and worked with the YMCA who impressed him with the quality of their training and knowledge. On returning to Australia, he decided to use this experience, and so THUMP evolved as a boxing gym above a garage in Christian's hometown. Disappointingly though, although the gym was popular enough, it was not a profitable business and eventually the point came when the club accountant told Christian he had no money to pay the rent, and that he needed to make some decisions. However, instead of this being the beginning of the end, a chance phone call turned Christian's life around: a gym in Northern Australia was looking for a trainer to run a boxing training course, and Christian's name was one of the first that appeared in his search. His accountant took the phone call, and told Christian that she thought she had a way for him to pay the rent! So he drove the 9 hours north with no presenting experience, manuals or indeed expectations and turned his life around! The



Caroline with Christian Marchegiani

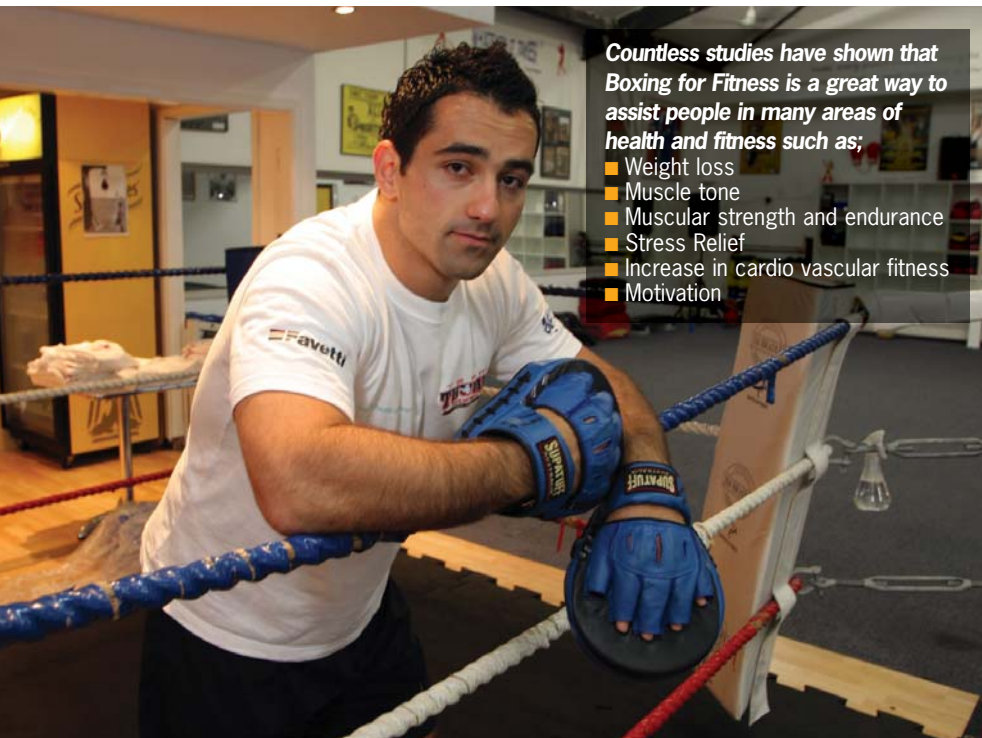
course was a storming success, and Christian knew that this was the birth of something special and that THUMP would become an internationally recognized leading name in Boxing for Fitness training.

THUMP today has four certification courses for instructors, employs numerous staff, is licensed in gyms – including the Fitness First chain throughout Australia

and New Zealand and Christian and his team are very excited to bring THUMP over to the UK!

I was met at the train station by Neil Henshaw – owner of Helio gyms in Blackpool whose background is in fitness with a passion for boxing. He told me -

"I've always loved boxing and really wanted to find a way to bring it into a fitness training environment. I did a big search looking for something different that would cover boxing and fitness, and I came across THUMP in Australia. I contacted Christian who was really positive about bringing the system over here, and I have been really impressed by every aspect of THUMP. The response has been tremendous – on the first instructor course we ran, a woman who has been in the business for years said it was the best course she had ever been on! It is really exciting being involved in the project, and watching it evolve, and we hope next year that it will be in gyms across the country. Christian and his team are coming over to present the



Countless studies have shown that **Boxing for Fitness is a great way to assist people in many areas of health and fitness such as;**

- Weight loss
- Muscle tone
- Muscular strength and endurance
- Stress Relief
- Increase in cardio vascular fitness
- Motivation

of my upper back (which made laughing no joke!), my ribs, abs and obviously arms and chest were sore. This would obviously cease if I was boxing for fitness regularly, but it is great to feel which muscles are being challenged with a new sport.

Why is boxing training so effective

Research into boxing for fitness over the last ten years has shown that an average 45-60 minute session will be 40% aerobic, 60% anaerobic. The intermittent nature of boxing - short bursts of high intensity activity can push even a trained athlete. The work/rest ratio is approximately 3:1 and this requires the boxer to sustain power at a high CV intensity – helping to develop lactate tolerance and improve fitness.

As you punch and make contact with the pads (or a bag) you are exerting a force away from your centre of gravity using more energy, and therefore more Calories.

Want to get THUMPED?

If you are a personal trainer, or group fitness instructor and want to learn some new skills, THUMP'S aims and objectives are - to be competent and knowledgeable in the following areas;

- **How to hold focus pads for standard and advanced combinations**
- **How to instruct and demonstrate basic punches related to boxing for fitness**
- **How to structure and co-ordinate safe and effective boxing for fitness classes**
- **How to teach advanced combinations using hook punches, and ducks**
- **How to identify correct technique and correct accordingly**
- **How to teach correct technique and reduce the risk of injury**
- **Benefits of boxing for fitness to your clients**

If you are a keen exerciser looking for a fantastic, challenging and fun new workout, then THUMP will deliver this; Boxing for fitness works all parts of the body, and all aspects of fitness – cardiovascular fitness, muscular endurance, muscular strength, stamina, co-ordination and power. Watch out for a class coming your way soon... **UF**

courses at the moment and are very 'hands-on' but as we get more presenters trained up in the UK we can become more independent. We are all really positive about where this is going to go"

The THUMP Instructor Training Course

I was lucky enough to attend the instructor training course in Blackpool, Lancashire with 12 other eager trainers. We were all suitably impressed to be given a THUMP training manual, tee shirt and cotton glove inserts (oh why-oh-why don't we use those here? No more smelly, sweaty gloves!)

The presenters – Christian and Daniel had my attention within ten minutes (no easy task) and they held it for the rest of the day. I had to leave a little early, and I was really disappointed as I was not only having a ball and working hard, but I really felt I was learning, and by the time I left I felt that I understood how to punch, how to work the pads, and more importantly why we did things in a specific way. THUMP gives you the knowledge so that you can train really effectively, and it is these 'how's' and 'whys' which empower you as an instructor.

I myself and the vast majority of the class, all changed the way we held our pads which was very interesting. In the past I have been told not to keep the pads in front of your head in case you were caught off guard and ended up eating your client's glove! However, as Christian and Daniel pointed out – you should not lose focus! The whole point of pad work is that the boxer is aiming for the face and the pad wearer is catching and resisting those punches. This in turn means that the boxer is simulating a much more realistic punch – in tight and up towards the face,

he or she is better aligned and less likely to 'swing' at a punch than if the pads were held out wider to the sides. The pad wearer is much better aligned with his elbows in and shoulders relaxed, safeguarding the rotator cuff of the shoulder – which is very vulnerable to injury if the pads are held out to the side as many of us were previously doing. So – a safer, more bio-mechanically efficient and way more effective work out for both pad wearer and the puncher.

The combinations were great – easy to remember, fun and challenging and kept the motivation level high and the punches were taught again in a clear manner which really made me feel like I knew what I was doing for the first time.

Fitness benefits of Boxing for Fitness

The Course

The training course is not particularly comparable to a class situation – we were working out for around seven hours, and stopping and starting as we watched and listened. However – I wore my heart rate monitor and burnt an average of 412 Calories in an hour, with maximum heart rate of 166 beats per minute. I would estimate that the Calorie burn would almost double if attending a regular THUMP class. Indeed – THUMP suggest a boxing for fitness class burns 354 to 1035 Calories per hour. On a muscular level, I was very aware of my upper body tiring, and was surprised at the training effect in the legs and abs. A couple of days after, the dreaded DOMS (delayed onset muscle soreness) set in, and I felt muscles that hadn't been challenged in a very long time – the entire musculature

For more information on THUMP go to www.thumpboxing.co.uk
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To find out how to qualify as a THUMP instructor - contact Neil Henshaw at neil@heliofitness.com