

BOXING FOR FITNESS

Personal & Professional Development Course



OVERVIEW

Learn the basics of boxing for fitness, so you can offer your clients an enjoyable and beneficial boxing experience – and boost your value as a trainer!



Created in partnership with Jared Thomlinson and Further Your Fitness, this course combines years of expertise in Boxing, with decades of experience in online education.

COURSE OUTLINE

Boxing for Fitness is an entry level boxing course that's been designed to teach you the basics of boxing and pad work techniques. Covering a wide range of different punches, it gives you the skills to create fun, innovative boxing combinations to use with your personal training clients.

- Safety for boxing
- Boxing for fitness
- Different boxing stances
- Knowing the punches
- Understanding pad holding fundamentals
- Movement drills
- Boxing Combinations

The course includes a range of video demonstrations, as well as interactive slides, to make your learning experience fun and enjoyable. Plus, as a self-paced course, you can study whenever it suits you!

DETAILS

STUDY MODE: ONLINE

COURSE TIMELINE: 6 MONTHS

PRICE: \$210

ASSESSMENT REQUIREMENTS:

- Construct a basic boxing circuit on a program card.
- (Filming required) Facilitate 3 x 3-minute rounds of pad work with a client.
- Complete an evaluation of your session with your client.

RECOGNITION



RECOGNISED BY FITREC



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