



BOXERCISE[®]

www.boxercise.co.uk

The World's No.1 In
Boxing Fitness
Training

**Boxercise
In-house Training
Information Pack**

Boxercise In-House Training

We are writing to introduce you to BOXERCISE IN-HOUSE TRAINING COURSES

If you would like more information or to book an In-House course please contact head office on **0116 240 4906 / admin@boxercise.co.uk**

The advantage of booking the Mobile Boxercise Instructor Training Unit is the convenience and saving to you in time and travel in comparison to attending one of our regular course venues.

- **Course fee is ONLY £120 inc.VAT per person instead of the usual £139 (saving nearly £20 per person!)**
- **2 Courses - Boxercise + 1 secondary course (Kick Boxercise, Advanced Skills or Boxercise for Kids) for £199 inc.VAT**
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The benefits of Boxercise are endless, to list a few; participating in a Boxercise session works both aerobic and anaerobic systems. It provides a class which incorporates muscular strength, endurance and core stability training, motor skills such as balance, agility, proprioception and hand-eye co-ordination.

It's also fun, challenging when required and great for confidence building and stress busting.

Boxercise can be adapted to work affectively for most ages, client groups and environments.

What is required from you?

- **A minimum of 8 participants to run the training course**
- **A studio, sports hall or suitable space for an un-interrupted 8 hours**

Boxercise will provide all the necessary equipment to run the course.

The course is taught in a professional but fun informal manner.

No previous boxing experience is required as the course is taught from a beginners point of view. However all attendees require a minimum of a level 2 in fitness/coaching, sports related degree e.g PE teachers. Primary school teachers whose qualification incorporates PE are also eligible to attend the course.

Boxercise In-House Training

Benefits to you:

- Convenience of not having to travel too far
- Convenience of having a course at a time you chose - Any day of the week
- Financial savings by limiting time, travel and reduced course cost
- More focus on actual requirements of your group and environment

How to arrange an in-house training course

- Find a minimum of 8 people who want to do the course and have the min qualification requirements.
- Choose a possible date for the Boxercise course.
- Contact us to discuss the date. We will then verbally agree a date with you.
- A letter including full terms & conditions will be sent to you.
- You return the terms & conditions letter signed with payment/deposit.
- We send you a confirmation letter to forward to attendees.
- We come and run an in-house training course.
- **You then become Registered Boxercise Instructors!**

A Boxercise course for 8 Participants for just £960 saving you over £150!

Becoming a Registered Instructor

All Boxercise Instructors are required to pay an annual registration fee of £40 to be a Registered Boxercise Instructor but for teachers the 1st payment is not required until the beginning of the next school finance year.

Benefits of being Registered Boxercise Instructor:

- Use of the name Boxercise to advertise Classes and 1 to1 session.
- Access to the Boxercise Instructor Area of the Boxercise website which offers a range of resources.
- Access to online certificate
- Series of Post Course video's to help you get started
- Access to Post Course material (PDF Manual & Online Video)
- Publicity Material (posters, logos, loyalty cards)
- Access to the Closed Boxercise Instructor Facebook Group for ongoing ideas and support.
- Free yearly refresher courses in any Boxercise course taken (optional)
- Discount on Boxercise Equipment
- Free Boxercise Masterclasses
- Ongoing telephone or email support from Boxercise Head Office
- Access to Boxercise Awards

Boxercise Awards

The awards scheme is a certified progressive programme taking children from basic through to more advanced Boxercise Padwork skills.

The objective is to learn the skills of Boxercise for fitness whilst having fun, gaining confidence and being empowered; not to aim to compete in boxing as a sport
(Unless they develop a real interest and want to move into the sport of Boxing at a later date)

There is no sparring/contact between participants in the Boxercise Awards - only focus pads are hit.

Stages
Bronze
Silver
Gold

The awards offers structured lesson plans making it simple for instructors to deliver and fit in to term times.
Instructors can, of course, add to these lesson plans and be flexible but the core elements will need to remain the same.

The Boxercise Awards cost £5 per Child (min of 10) and on passing of the Awards children will be sent Certificates / Key rings / Stickers

On Purchasing of the awards the detailed lesson plans are emailed with the assessment sheets, advertising material and sign up documentation are also available to assist you.