

# BOXERCISE®



The World's No.1  
In Boxing Fitness  
Training

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**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 the saving to you in time and travel in comparison to attending one of our regular course venues.

- **Course fee is ONLY £130 inc VAT per person instead of the usual £149 (saving nearly £20 per person!)**
- **2 Courses—Boxercise + 1 Secondary Course (Kick Boxercise, Advanced Skills or Boxercise for Kids) for only £199 inc VAT**

**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, core stability training, motor skills such as balance, agility, proprioception and hand-eye co-ordination.

It is 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 beginner 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.

(Those with no kids fitness qualification will need to also take the Boxercise for kids course too e.g level 2 sport coach with no additional kids fitness qualification— If unsure of the course access requirement please contact us to discuss)

## Boxercise Mobile Unit

### Benefits to you:

- Convenience of not having to travel too far
- Convenience of having a course at a time you chose - available 7 day a week
- Financial savings by limiting time, travel and reduced course cost
- More focus on actual requirements of your group and environment
- One teacher per school to receive free access to the Boxercise for kids awards system for one year
- Post course PE teachers will receive some free video tutorial resources from the Boxercise for Kids course.

### How to arrange an in-house training course

- Find a minimum of 8 people who want to do the course.
- 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 £1040 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 PT sessions
- Advertise your services on website
- Online Certificate access / Downloadable with photo for id.
- Access to Course Refresher Material (PDF Manual & Online Video)
- Series of post course videos to help you get start.
- Publicity Material (posters, logos, loyalty cards)
- Access to the Closed Boxercise Instructor Facebook Group
- Free yearly refresher courses in any Boxercise course taken
- Discount on Boxercise Equipment
- Ongoing telephone or email support from Boxercise Head Office
- Access to the Kids Boxercise Awards

# Boxercise Awards:

**For in-House training courses 1 Teacher per school will be given free access to the awards for 1 year**

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 pad 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.

To teach the Silver and Gold Awards instructors must have also passed the advanced skills course.

The Boxercise Awards is charged via an annual fee rather than cost per head. Instructors will be able to take as many kids through the awards as they wish and to produce the certificates themselves through the Awards Automated system on the Boxercise Instructor portal.