



Kick-Box

Class Information

1.) ATTIRE

- a) Wear comfortable but somewhat snug workout clothes. You will be bending over or upside down. Classes will be run in bare feet.

2.) EQUIPMENT

- a) Boxing gloves – preferably 12oz for women and 14oz or 16oz for men. We have gloves for borrow or sale if you don't have them.
- b) Hand Wraps – not necessary but some may prefer them. We have the half glove/half wraps style for sale.
- c) Knee and Elbow pads – not required but you may want to try them if you have bad joints. We can order them if you would like to try them.
- d) Jump rope – we have them, but you may prefer your own.

3.) FREQUENCY of TRAINING

- a) Twice a week should be adequate to achieve most fitness goals. If you are looking for rapid weight loss, add at least one more day a week of high intensity aerobic training, IE. Running, Swimming, Karate, etc.
- b) Try to make your other activities high intensity. Ie., Sprint and Walk instead of jogging, Run up a flight of stairs rather than walking.

4.) DIET

- a) Eat a healthy well-balanced diet. Avoid excessive carbs, especially before bedtime.
- b) Avoid extreme or fad diets. Extreme changes in dietary habits will cause you to be too weak to make it through the workouts. If you want to go zero carbs, do it for only one day, then half carbs the second day, then normal diet on the third day. Remember, the goal is to shock your body into changing, not deprive it.
- c) Do not eat a heavy meal for several hours before coming to class.

5.) HYGEIN

- a) Always wear clean clothes.
- b) Keep gloves and hand wraps washed and sterilized.
- c) Keep finger and toe nails trimmed.

6.) CLASS ACTIVITIES and RESULTS

- a) If you are unable to perform an activity for physical reasons, inform the instructor and we will find an alternative method for you.
- b) Your results will progress faster with each class you attend. It will take time to learn the routines and to perform them properly. Your intensity will pick up not only from better cardio, but from using the correct muscles and economy of motion.