

Benefits of Boxing for Fitness

What do boxers have? They have great reflexes, great muscle tone and great cardiovascular fitness. Boxing for fitness can help you lose weight, get a stronger body and gain confidence in yourself.

Increase overall body muscle tone through boxing. By constant repetition and keeping your arms up and punching against a focus pad, or punching bag, you'll find your arms and shoulders developing muscle definition. You'll be bearing your own body weight and this low weight; high repetition action will give you the visible definition. Classes often incorporate many types of body resistance work in the sessions including pushups, dips, sit ups, squats and lunges.

Do you notice boxers are often on a skipping rope? This is because of the awesome cardio benefits being on a rope can give. Classes often will involve a bit of skipping. It gets the heart rate up quick as it requires fast movements from the feet, a skill all boxers need and you can too by just a few minutes each session.

Boxers can have great mental fitness and focus. You need to think about what you're doing to follow the combinations and as a pad holder in a class you will need to concentrate to avoid being hit too.

Boxing can be used as a distressing tool. You can punch out your angers and days frustrations. Where else can you get away with punching out some stress! Exercise naturally lifts the moods, is a great energy booster and helps you sleep better.

Boxing is the all body workout both physically and mentally. It is fun and offers lots of variety. The skills of gained from boxing can be transferred into any sport. Many sports required speed, strength, endurance, agility, coordination and focus. These skills can be for everyone, young and old.