

Published based on [Boxing for fitness is a great way out of a rut](#)

# **Boxing for fitness is a great way out of a rut**

When you bring up the subject of boxing, the image that comes to people's minds is of two athletes in a boxing ring, adrenaline pumped and seeking to destroy each other using their fists as weapons. Boxing for fitness is something completely different where entire classes of people can get a great workout from a non-contact version of the sport. Boxing as a way to stay fit is becoming increasingly popular and rightfully so considering its many benefits. Boxing increases strength, coordination, endurance, speed, and dexterity. You will learn the proper way to control your feet and the basic boxing stance. You will learn basic punches such as the hook, the jab, the upper cut, and how to combine them all effectively as you develop your boxing skills. Boxing is not necessarily for self-defence, but you will learn to throw a punch. And it will increase your self-confidence knowing that if anything was to go awry you should be able to take care of yourself.

So how did I get started boxing? I was already going to the gym three or four times every week, but I was only working on weight training. I was not doing any cardio, and even though I was becoming stronger and building my muscle strength, my midsection was still pretty soft. The idea of running had no appeal for me at all, so getting on a treadmill was out of the question. I thought of maybe going with my girlfriend to one of her group fitness classes, but hardly any other guys went so I quickly lost interest in that. After a conversation with my boss at lunch one day he suggested I come along to a boxing session. He is an incredibly fit man in his 40s. He is totally ripped, six pack abs and all, so when someone in that kind of physical shape talks, I listen. He let me know that I could borrow a pair of boxing gloves so all I needed to bring was a towel and a bottle of water.

I felt a bit challenged because I had never tried to box before. The man who would soon become my sparring partner informed me boxing is something anyone can do. So off I went to the gym to give boxing a try. First we went through a 15 minute warm up session, then 30 minutes of sparring, and then a 15 minute cool down. I experienced a whole new world of pain! Not because someone smacked me in the face (it is non-contact after all). My muscles burned, like nothing I had ever experienced before. Muscles I did not even know I was using were hurting. My legs, my shoulders, my core; everything burned like fire. I thought that would be the end of my boxing activity, but I gave myself a couple days to recover and then I went back to the ring to give it another go.

Knowing the moves gave me a better work out, and I was more prepared mentally this time. I continued going to the gym every week. I noticed my body trimming up and my middle section spare tire was getting much less noticeable. Because boxing is a high repetition workout, you will see more body toning than muscle building. Combine that with a healthy diet and you can really see some results quite quickly.

If I've learned anything from the experience it is not to be scared to try something new. No matter what your fitness or skill level boxing is good for you because it can be modified to increase or decrease intensity and complexity of the workout. There is simply no legitimate reason for not giving boxing a try. It is an excellent way to de-stress and take out your frustrations on the boxing pads. Boxing is a high intensity program of exercise. It targets numerous large muscle groups, which assures you a program for toning and building strength while you also become more in shape and better fit. The gym is a great place to work out and spend time with a friend. You can even get a little competitive if you want, as long as you keep all the moves above the belt.

Everyone knows what it feels like to be [in a rut](#), trapped in a pattern of circumstances that we cannot escape. Sometimes, those circumstances change by themselves, but more often we need to take action to ensure that we don't become [stuck in a rut](#).

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