

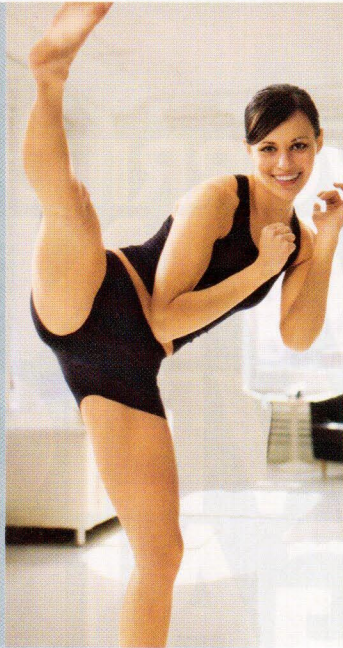
KEEP FIGHTING FIT

Burn up to 2000kj by adding a 40-minute boxing routine to your workout schedule!

Women's boxing is fast becoming a mainstream sport. "It's a great full-body workout and it's extremely satisfying to take out the day's frustrations on the pads," says The Armoury boxing club manager Tamzyn Botha. If you're bored with your gym routine, adding a few punches (and kicks) might be just what you need to rev up your motivation. Choose from these power workouts:

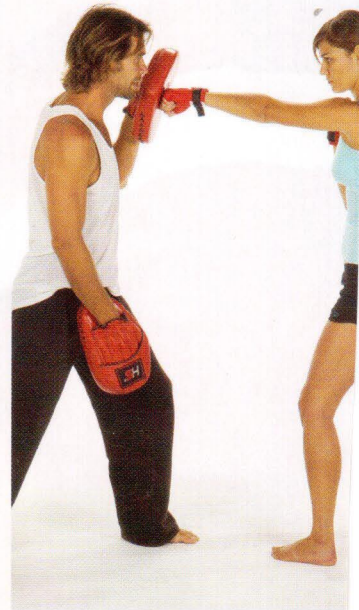
Aerobic kickboxing

If you're not the fighting type, aerobic kickboxing is a great way to relieve stress. It's a no-contact workout that focuses primarily on weight loss through a series of martial arts dance movements of varying intensities and impact. It's great for full-body toning, and improves coordination. By the end of the class you should be able to complete a full "punch, kick" dance routine. Find it at your local gym.



Body Technology non-contact boxing

Re-sculpt your body within three months when you learn the science of shadow boxing. This non-contact boxing entails training on the heavy bag, speed bag, rhythm ball, jump rope and focus pads. It'll teach you the finesse and fluidity required for boxing and will give you longer, leaner muscles. Join the intimate classes with expert instruction by André and Rudi Oelofse, against the backdrop of throbbing, energetic music. The warm-up includes Pilates poses, and cool-down involves tai chi postures. More info: www.bodytechnology.co.za



White collar boxing

White collar boxing (so-called when professionals took up boxing in the 80s) is an intense cardio workout. But it's not all about punching – speed, strength and stamina are all on the programme. Classes have a communal "in-this-together" atmosphere. Box to music and enjoy a combination of old-school boxing exercises: skipping and punch-bag work. In Jhb: Top Box gymnasium www.topbox.co.za; in Cape Town: The Armoury boxing club www.armouryboxing.com



Muay Thai

True hand-to-hand, as well as leg-to-leg combat – fighters kick and strike their opponents at close range. It offers valuable self-defense skills and high fitness levels. After a group warm-up, beginner groups learn technique, and advanced groups partner up and spar. In Jhb: Warrior Sports Academy www.warrior-sports.co.za; in Cape Town: Dragon Power www.dragonpower.co.za; in PE Bushido Muay Thai www.bushidomuaythai.co.za

