Name: Muhammad Ali Approved Boxing Training Camp ( Ali Logo up at top right)

Who for : Elite boxing training for high net worth individuals.

Who with: Andy Wake, BFit Academy

About Andy:

Andy Wake is the most experienced coach educator in the world. He has personally taught and certified over 12,000 boxing coaches and been responsible for the development of 20,000. An ex- professional boxer he is the creator of the worldwide acclaimed Boxercise program which trains millions of people in boxing fitness. Andy is the man Muhammad Ali Enterprises personally sought to design training courses bearing Muhammad Ali’s name.

You can find out more about Muhammad Ali boxing training here

<http://www.aliboxingtraining.com/>

and Boxercise here

<http://www.boxercise.co.uk/index.php>

About BFit Academy:

BFIT Fitness Academy is recognized as UAE’s leading educational service providers who help develop and train fitness professional and broaden careers in all facets of the health and fitness industry.

What will I gain from attending the Muhammad Ali training camp

We GUARRANTEE to improve EVERY aspect of your boxing-

Footwork

Punches

Defense

Speed

Power

Strength

Accuracy

Ring Craft

Fitness

Understanding of the sport of boxing

**When you complete the course you will receive a certificate bearing the signature of Muhammad Ali**

Image Muhammad Ali signature

**In addition we will provide you with**

A Personalised training plan for 6 months

A personalised action plan to improve technique

A personalised video showcasing your training to show to your friends and family

Muhammad Ali Branded Folder for your own notes

Muhammad Ali Certified plaque

**Agenda**

**Day 1 Thursday 16th April**

Introductions

Technical Workshops

Explanation Lectures

Lunch

Technical Workshops

Fight Analysis

Technical Workshops

Evening: Watch some of the best fights of all time ,

**Day 2 Friday 17th April**

Technical Workshops

Explanation Lectures

Lunch

Technical Workshops

Fight Analysis

Technical Workshops

Evening: Watch some of the best fights of all time , boxing trivia quiz

**Day 3 Saturday 18th April**

Technical Workshops

Explanation Lectures

Lunch

Technical Workshops

Fight Analysis

Technical Workshops

Evening Depart

**Technical Workshops** will cover:

Sparring,

Technical training

Correct footwork

Punching harder workshop

Balance

The art of Forcing a stoppage in a fight

Technical drills-

Varying the jab to confuse your opponent 4 types

Points – outscoring your opponent

Defensive work- the duck slip and swayback

Combination punching

Coping strategies for when you are hurt and fatigued

How to beat a taller / shorter fighter than you

Power v endurance

Sustained attacks and counting

Punch counting

(Sparring is optional and will be very carefully controlled.)

**Explanation Lectures** will cover:

Physiology: The bodys energy systems and how they relate to boxing

Physiology: Measuring progress

Biomechanics: Punching for power

Biomechanics: Correct footwork

Psychology: The inverted U

Psychology: Skill acquisition and interference from practice to sparring to competition

Psychology: Visualisation

Training through injury - training your energy systems not just using boxing

The 11 things you MUST take to a boxing ring

Fight analysis

Review the greatest fights and fighters , learn their moves and how you could beat them

Who should come?

This is an ELITE boxing training camp designed to equip you with knowledge, the skills and a training program to improve massively over a 6 month period. We GUARRANTEE your improvement if you stick to the program AND eat healthy. You have an opportunity to work with the very best in the world so please be open minded and be prepared to learn. You should come if you want a structured, individualised program of improvement GUARANTEED to work for YOU.

Date 16-18th April 2015

Venue ( leave blank)

Cost US $ 3000 per person

Contact Mr Basel Andary +971 50 452 0944 email: [basel@bfit-me.com](mailto:basel@bfit-me.com) to book