

Knock shape

ultra-FIT talks to Sarah Dewey and Ian Burbidge about how boxing training got Sarah down to a size 10

Client

Sarah Dewey

Age: 31

Job: sports rehab therapist specialising in deep massage, hence the need to stay strong and fit.

Single, no kids

Used to play Lacrosse

UF: You've been doing Padbox (the boxing based workout) for two years now, how have you found it?

SD: My body shape has changed tremendously. I've gone down two dress sizes to a 10. So not only have I lost weight but I have toned up as well. My arms have become much firmer and my tummy flatter and I've got a waist. And I'm still curvy!

You must feel good!

I feel so much more confident. All my friends and family have really noticed and said how well I look. Now, if I have a non-training day, I still want to train, which I never would have before.

Have you tried similar workouts before?

I had done a boxing class before Padbox.

But after I had been told how to punch properly by Ian (Padbox instructor Ed), I realised how different the classes were and how Padbox is much more like proper boxing! Plus the other class did not keep me motivated.

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So what's a typical workout like?

We always do at least a 10 minute warm up on the rowing machine or running, then one session a week is all boxing and the other two vary from weights to circuits. Sometimes Ian will throw in a big abs or cardio session. I

don't stop for the whole hour but he keeps it fresh, by chopping and changing things all the time. I don't get bored and nor does my body with the exercises.

The trainer

Ian Burbidge ex-amateur boxer and boxing trainer

Why did you decide to use Padbox to train Sarah?

Before Sarah started Padbox she was just running and that was not really working and I thought that we needed to add some resistance work. And I suggested that she do boxing. And she's really got into it and toned up brilliantly.

Do you think women should do boxing training?

Yes, I'd have to say that the training, it gets the result, and women can pick it up quicker (than men) because we use reactionary moves. Women think more about the movement than going hell for leather with the punching, like guys. They flow a lot easier. Once you've got the movement you can always add the power.

-out





“ I feel so much more confident. All my friends and family have really noticed and said how well I look... ”

What's been the hardest part?

At the start it was making sure that my feet were in the right positions when punching and then it was the reactionary moves and learning all the punch combinations. But at every stage during my training Ian has taken me through each punch step by step in a relaxed way and at my pace, so it made it a lot easier to pick up.

Do you enjoy it?

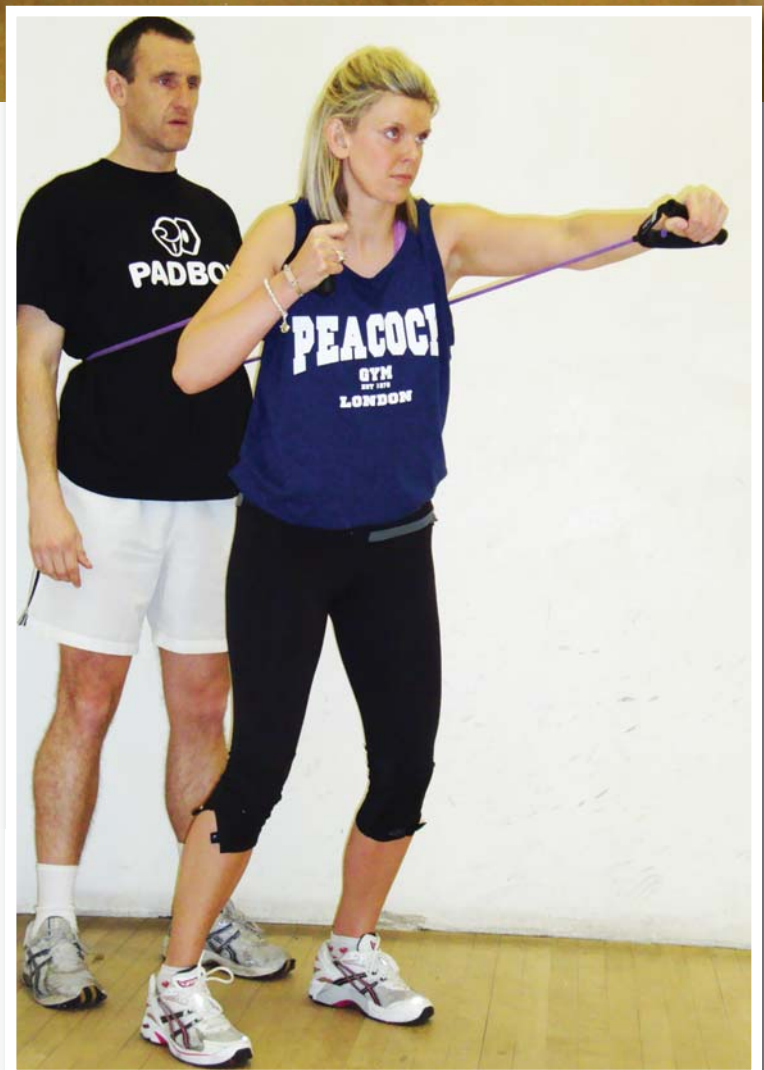
Yes, because you release so much pent up frustration and as I explained no workout is the same so I'm always kept on my toes.

Any reservations?

As boxing is Ian's background this put me at ease. But as a good personal trainer he didn't force me to do it (boxing training). Also ... when I realised that I was not going to be punched I felt a lot better! I didn't realise what a great workout it was and then I did and then there were the results...

Do you have any tips for women wanting to Padbox?

Do it and enjoy it. I love it and the effects it has had on my body. It certainly gets results. **UF**



Ian Burbidge has created a one on one, non-contact pad based boxing workout called Padbox. He runs courses for personal trainers and others interested in becoming qualified trainers. He can be contacted on:

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