

# Benefits of Boxing Training

## 1) Increases Overall Athleticism

Boxing training combines interval training, resistance training, upper and lower-body movements, and athletic creativity. The result is athletes who become faster, stronger, more durable, and more agile.

## 2) Develops Physical and Mental Toughness

Boxing is as much mental as it is physical. Facing training challenges, trains the mind to persevere. Boxers often find that their pain threshold increases, they become less scared of physical harm, and they are challenged to develop emotional maturity and self-discipline.

## 3) Builds Confidence and Self-Esteem

The process of developing competence in new skills, and then testing that competence, builds both confidence and self-esteem. Competence breeds confidence. Confidence increases self-esteem.

## 4) Increases Muscle Strength

Boxing is a full-body workout, using all the muscles in a coordinated effort to punch for speed and power, including the anterior and posterior deltoids, pectoris major, biceps, triceps, and a whole range of core and back muscles which also help support and stabilize movement and posture in the body.

## 5) Increases Cardiovascular Fitness

Boxing is a physically demanding sport, especially for the heart and lungs. Punching the bag or sparring can help increase VO2 levels.

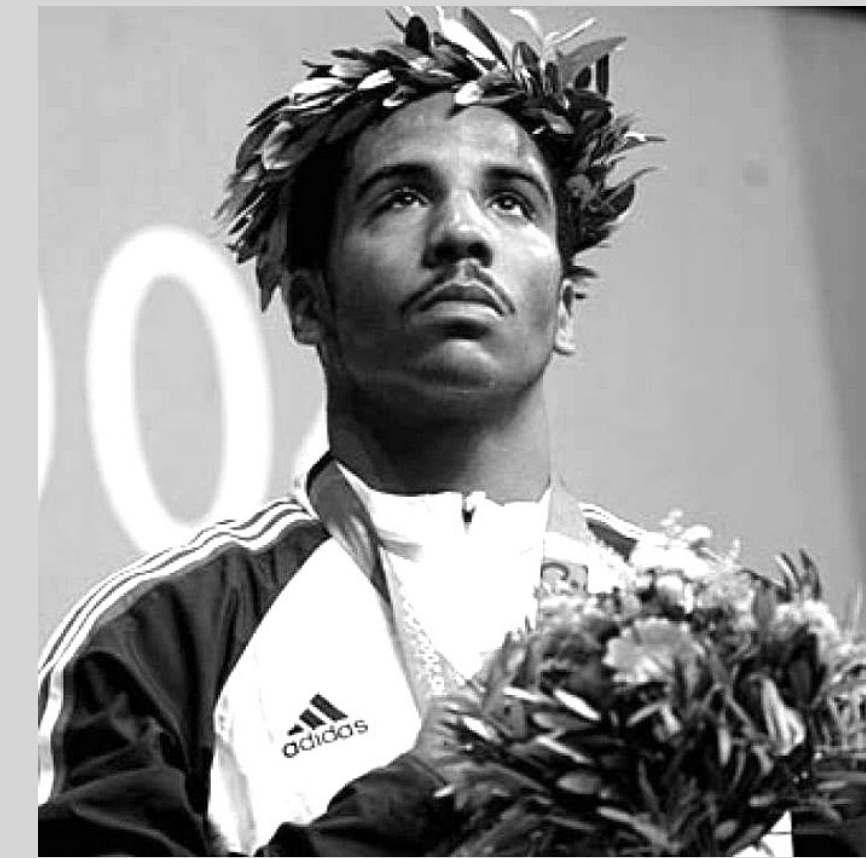
## 6) Improves Kinesthetic Intelligence

Spatial awareness, body awareness, and hand-eye coordination are critical for boxers. Kinesthetic intelligence also increases working memory, which is responsible for holding short-term information to do things like math, solve logic problems, and remember phone numbers.

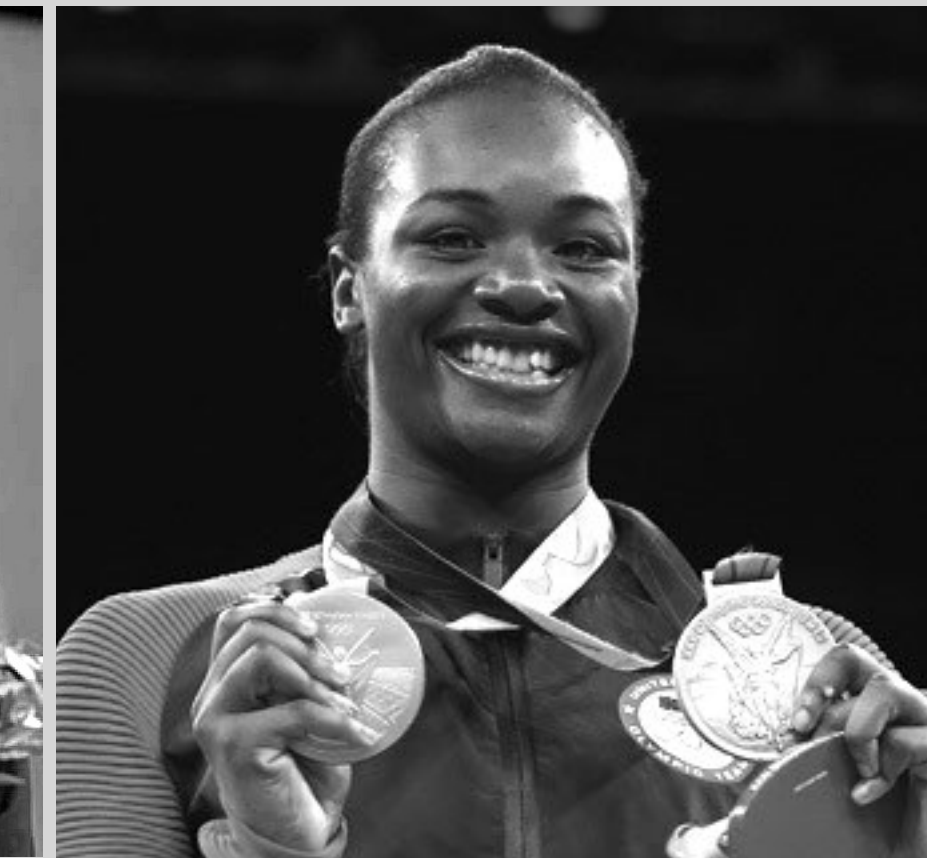
## 7) Relieves Stress

Exercises like boxing have been shown to decrease overall levels of tension, elevate and stabilize mood, and improve sleep. Hitting bags is also a lot of fun!

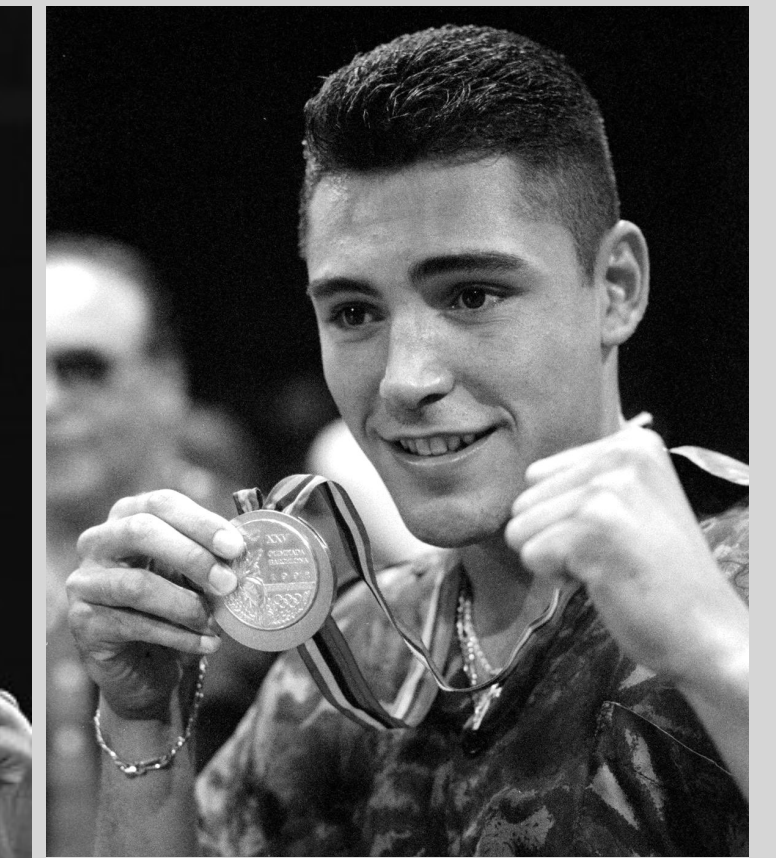
## Olympic Gold Medalists



Andre Ward, 2004 Gold



Claressa Shields, 2012 & 2016 Golds



Oscar de la Hoya, 1992 Gold

## COMMON CHARACTERISTICS AMONG SUCCESSFUL AMATEUR BOXERS —

**ENDURANCE:** Continuing to perform a skill for an extended period of time.

**STRENGTH:** Producing force (force = mass x acceleration).

**POWER:** Producing strength in the shortest possible amount of time.

**SPEED:** Moving the body quickly.

**AGILITY:** Changing direction quickly.

**FLEXIBILITY:** Stretching the joints across a large range of motion.

**NERVE:** Overcoming fear and controlling the body's stress response.

**DURABILITY:** Withstanding physical demands over an extended period.

**HAND-EYE COORDINATION:** Reacting quickly to sensory perception.

**ANALYTIC APTITUDE:** Evaluating, reevaluating, and reacting strategically.

See ESPN2's Degree of Difficulty™ study.