



# CorporateBox™

**Team building, morale boosting boxing fun!**

**totalboxer.com**

## CorporateBOX™

Total Boxer® started in 2011 as the UK's first boutique boxing club, CorporateBox™ by Total Boxer is where our highly experienced coaching team give you a taste of real boxing by guiding you through authentic fitness and skills training just like competition fighters.

Drawn from our world famous Get FIT Not HIT™ sessions, participants do everything a boxer does, except get punched in the face! Not only will you be safe with us, but your team will have a chance to push their limits experiencing a sense of accomplishment, work together increasing team skills and communications and help facilitate new working relationships, all whilst learning just how much fun real boxing training can be.

Throughout the experience you will learn a boxer's stance, how to throw punches and defend against them, use your feet to 'float like a butterfly', take part in fun team games and, above all, learn why boxers are among the fittest athletes on the planet. You'll work with a professional coach on pads and take a bash at our full suite of boxing bags.

You even have the option to try [BoxingYoga™](#) - our yoga-based training system for boxers and [Strongman](#) - tyre flipping, sledge hammering fun!

### **All the gear**

You only need to bring your desire to train and have fun. We have the wraps, ropes and gloves you need!

### **Hydration included**

We provide as many bottles of water as you need to keep you going.

### **Discount voucher**

If you want to keep training with us you'll get a voucher entitling you to 25% off Total Boxer Membership.

### Don't forget

CorporateBox™ is a physically active training session so you will need to be in good physical health to take part. Normal gym gear and trainers are fine.

### Special Delivery

Want us to come to you? As long as you have an appropriate area we can use - safe and spacious - we can make that work.

CorporateBox™ is a brilliant way to motivate staff, let off some steam and enjoy team building exercises with a difference.

For more information and video footage visit our website – [www.totalboxer.com/corporatebox](http://www.totalboxer.com/corporatebox)

To arrange a CorporateBox™ session get in touch with [sarah@totalboxer.com](mailto:sarah@totalboxer.com) or call us on +44 (0)333 1234506

*"CorporateBox™ at Total Boxer was a really, really good opportunity for the whole team to get out of the office, do a good team bonding session and let off some steam. I'd definitely recommend it to anyone!"*



Sarah Swaine, PR Manager, Converse UK



*"The feedback from the team was highly positive and glowing of Total Boxer. All were made to feel welcome and anxieties were put to bed very early on. The varying levels of fitness were not an issue and the event was paced to everyone's liking and taste."*

Mark McGavin, London Borough of Barnet



*"It is my job to ensure we have the best health and fitness initiatives for our staff, and in all my time I have never organised busier or more popular workshops. I am extremely grateful to Matt Garcia and the rest of the Total Boxer team for the quality of their CorporateBox™ programme, and their professionalism delivering it. I cannot recommend Total Boxer more highly and look forward to working with them again and again."*

Laura Caporossi, Foundation Project Manager, Lend Lease

