The BoxMaster® is a form of boxing style conditioning that will wow your clients. With the ability to cater to all types of members, the BoxMaster will excite and encourage greater participation in boxing style fitness training.

The BoxMaster creates the ultimate boxing training station. The key to its design is the spring system attached to each pad. These springs have been set up to replicate punching a focus mitt, by offering a slight “give” in the pads on impact. Each pad has been set up specifically to replicate different styles of punching, allowing the participant to throw any punch, or any combination of punches at any time. The result is a significant reduction in the risk of injury to both the members and the instructor while delivering an unparalleled boxing experience.

The BoxMaster is not just about the unit itself but about the essence of what will change the face of fitness boxing is the BoxMaster program. In roughly 30 minutes you will experience a workout like no other. A 5 minute warm up followed by 7 active punching rounds and 7 active recovery rounds each 90 seconds long. Through the course of this workout you will hit every aspect of conditioning training both aerobically and anaerobically in an interval format like no other.

The BoxMaster package includes four stations and the equipment needed to launch a revenue generating program in your facility. Your top trainers will have access to the BoxMaster Instructor Training Course and business plan to successfully launch this innovative small group training program.

For more information contact Star Trac at 714.669.1660 (877.782.7872) or sales@startrac.com
SPORT PERFORMANCE WORKOUT

Each Round
- 90 seconds of striking designated combo
- 90 seconds of active recovery

Active recovery can include activities like:
- Squat jumps
- One leg front-back hop
- Battle ropes
- Spinning®
- Burpee
- Agility ladder
- Piyo hurdles
- Push-up with alt. side plank with reach

ROUND 1

ROUND 2
ROUND 3
ROUND 4

ROUND 5
ROUND 6
ROUND 7

INTERMEDIATE WORKOUT

Each Round
- 90 seconds of striking designated combo
- 90 seconds of active recovery

Active recovery can include activities like:
- Burpee
- Single leg calf raises
- Squat with alt. side leg lift
- Push-up with alt. side plank with reach
- Standing front loaded
- Push-up with alt. side plank with reach

ROUND 1

ROUND 2
ROUND 3
ROUND 4

ROUND 5
ROUND 6
ROUND 7

INTRODUCTORY WORKOUT

Each Round
- 90 seconds of striking designated combo
- 90 seconds of active recovery

Active recovery can include activities like:
- Burpee
- Single leg calf raises
- Squat with alt. side leg lift
- Push-up with alt. side plank with reach
- Standing front loaded
- Push-up with alt. side plank with reach

ROUND 1

ROUND 2
ROUND 3
ROUND 4

ROUND 5
ROUND 6
ROUND 7

GLUTES & THIGHS

Each Round
- 90 seconds of striking designated combo
- 90 seconds of active recovery

Active recovery can include activities like:
- Burpee
- Single leg calf raises
- Squat with alt. side leg lift
- Push-up with alt. side plank with reach

ROUND 1

ROUND 2
ROUND 3
ROUND 4

ROUND 5
ROUND 6
ROUND 7