

BOX & SCULPT

LADIES TRAINING CAMP

SPRING 2019
4 WEEKS OF FUN & RESULTS
TO GET YOU SUMMER READY!



MASTER BOXING FITNESS

WWW.MASTERBOXINGLLC.COM



**CHANGE YOUR LOOK.
CHANGE YOUR LIFE.**

- MASTER BOXING FITNESS

MASTER BOXING FITNESS



BOX & SCULPT TRAINING CAMP ESSENTIALS

4 WEEKS OF FUN & FOCUS TO HELP
YOU GET SUMMER READY!
THE FOOD , THE WORKOUT &
AN AWESOME TRIBE TO GET THE
JOB DONE.



CARDIO CONDITIONING

Think getting a good cardio workout means a treadmill or a long run?

Think again. Invigorating calisthenics, relays, war ropes & punches are guaranteed you never say

"I hate cardio" ever again!



STRENGTHEN & SCULPT

What woman doesn't desire

Tight & Strong Legs

Round & Lifted Buns

Lean & Toned Arms

A Flat Tummy?

Well, it's waiting on you.

Our proprietary crazy efficient muscle optimization program will make it a reality!



BOXING SKILLS

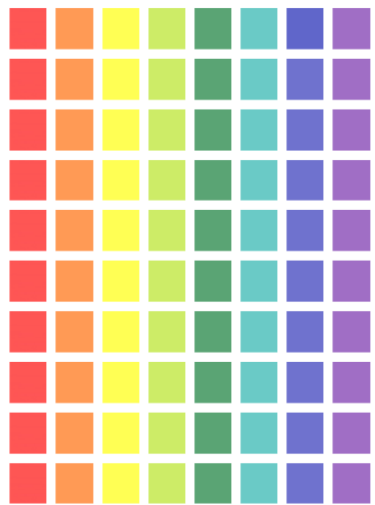
This is the yummy! There is nothing like gloving up. You will learn the fundamentals of boxing and put them into action on the bag, walking the floor, on the mitts and with a partner to take your training & results to the next level while bringing out your inner bad girl. At Master Boxing Fitness, we teach you skills that not only beautify the body but stimulate the mind .

BOX & SCULPT

MOOD & EMOTION QUANTIFIER

RESULTS BEYOND THE PHYSICAL

MODERATE



BEFORE: In the square that represents how you feel BEFORE

AFTER: In the square that represents how you feel AFTER

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10 Minute TRACKER		BOX & SCULPT TRAINING CAMP WEEKS 1, 2, 3, 4	
50 Seconds Work / 15 Seconds Rest		GOAL REP	
EXERCISE	REP COUNT WK 1	REP COUNT WK 2	REP COUNT WK 3
Running Knee Taps			72
Jump N Jacks			68
Burpees			25
Squats			32
Push Ups			44
Alternating Reverse Lunges			32
Tricep Dips			45
Mountain Climbers			104
Hurdle Jumps			62
Sit Ups / Bicycles			20/10

IF YOU WANT CHANGE, YOU MUST CHANGE THINGS.

-Staci Cloninger

Just another "fitness" class?

Wait a minute. Pump the breaks!

If you just want to do a class, head on over the Lifetime, Fitness Connection or the Y. I believe in setting you up for success to get the most reward & results out of your experience. After all, this camp is RESULTS based!

As a participant in the **BOX & SCULPT TRAINING CAMP**, you will receive:

- Our **Fit Fast Meal Guide** to maximize your desired results.
- Our **Mood & Emotion Quantifier**
- Our **Measurement Chart** for your weekly weigh ins and measurements
- Our **Cardio Condition Tracker** so you can see the results you are achieving.
- Our **Goal Setting Assessment** so you can focus on you as you begin with the end in mind.



STACI CLONINGER

DIRECTOR & LEAD INSTRUCTOR

I get it. Trust me.

I know what it is like as a woman to struggle & juggle a crazy busy schedule and still find a way to look & feel your best. I also know how it feels to hit a wall, hit a certain age and hit a place where you want more and crave something fresh & different to inspire beautiful change.

12 years ago, **EVERYTHING** changed for me when I was introduced to the Master Boxing training method. The dots of how to train, change & elevate the female body finally connected & my mind was opened to a whole new lifestyle & mindset.

I have made it my life's work to share this Method with other woman so they can live a life that embodies true wellness, energy, confidence & success.

Once you get a taste, you will never look at exercise, eating and aging the same. My door & heart is open to you!

-Staci

**IT'S A SHAME FOR A WOMAN TO GROW OLD
WITHOUT EVER SEEING THE STRENGTH & BEAUTY
OF WHICH HER BODY IS CAPABLE.**

-SOCRATES



THE DOWN & DIRTY

IT'S YOU AGAINST YOU & NO ONE ELSE CAN DO IT FOR YOU!

Beginning April 1st, the 4 weeks that follow are designed specifically to sculpt and lean your body in the most beautiful and awesome way. Through the science of boxing, our muscle optimization dumbbell program and locking into your eating, you will absolutely be swimsuit ready and be on an absolute high emotionally & mentally. The side effects will be tighter & higher buns, toned arms, flatter tummies & leaner, stronger legs.

Since I am all about results, this is a concentrated camp that will happen every morning. You will be training in a proven system.

This is your one hour for you!

Like anything in life, you get out what you put in.

Doing workouts here and there, jumping from class to class won't do it. It's consistency in a proven system that reaps results. I promise you that if you lock in 100%, things will change for you....BIG TIME. This holds true if you are a beginner or a seasoned athlete.

The group is small (max of 10 people) and the most awesome women you will ever meet!

I look forward to gloving up & sweating with you!

-Staci

THERE'S A DIFFERENCE BETWEEN INTEREST & COMMITMENT.
WHEN YOU ARE INTERESTED IN DOING SOMETHING, YOU ONLY DO IT WHEN IT'S CONVENIENT.
WHEN YOU ARE COMMITTED TO SOMETHING, YOU ACCEPT NO EXCUSE, ONLY RESULTS.

-KENNETH BLANCHARD

WHEN A WOMAN PUTS GLOVES ON, IT'S ABOUT TO GO DOWN!



Play Video



Play Video



THE 411:



WHEN

STARTS: APRIL 1, 2019

CAMP DURATION: 4 WEEKS

MONDAY-FRIDAY @

9:30 -10:30 AM

**April 1st will be an orientation to weigh, measure & set goals.*

***There will be no class over the Easter holiday on 4/19 or 4/22*

Days will be made up on 4/30 & 5/1



WHERE

MASTER BOXING FITNESS

601 E. SIX FORKS ROAD

(Beside Lifetime Fitness)

WHAT TO BRING:

- Water • Mat • Hand Wraps
- Gloves (you may borrow if necessary)
- Pair of 1.5 or 2 lb dumbbells (Available at Walmart for \$1.47 each)



\$225

FOR CONCENTRATED 4 WEEK CAMP

PLUS:

- FIT FAST Meal Guide
- Target Goal Setting
- Weekly weigh-in / measurements
- Fitness & Mood Trackers



ARMS

ABS

TUMMY

LEGS

BUNS

NOTHING WILL ESCAPE BEING BOXED & SCULPTED!