

LEARN TECHNIQUES THAT

• increase cardio fitness

• build muscle definition & strength

• improve reflexes

• build confidence

• basic self-defence

# FIGHTING FIT GET SHARP WITH SHAPE UP TRAINING.

## Fantastic accredited boxing courses for fitness instructors

With boxing training becoming more popular as a dynamic alternative to aerobic routines, it is essential to understand and practice safe and effective techniques which Glen Walsh aptly instructs.

Glen is a passionate, professional fitness trainer who teaches other personal trainers and individuals new and correct boxing techniques to ensure maximum impact, effectiveness and safety. With 35 years experience in the boxing industry he has mastered the art of boxing for fitness and fun, and confidently shares this precise expertise through his accredited courses.

### Shape Up Training offer Boxing 1 and 2 courses in-house.

Yes, Glen will come to you with all the equipment to train your instructors. Call today for details.

### ENJOY OUTSTANDING FITNESS IN A FUN ACCREDITED COURSE

- ▶ WITH GLEN WALSH, EX-WORLD RATED BOXER & ACCREDITED BOXING TRAINER.
- ▶ 1 DAY COURSES ARE ACCREDITED WITH FITNESS AUSTRALIA & KINNECT AUSTRALIA.

For info & registrations call Glen on 0407 501 564 or email [shapeup@netspace.net.au](mailto:shapeup@netspace.net.au)

[www.shapeuptraining.com.au](http://www.shapeuptraining.com.au)



Courses endorsed by Former World Champion, Barry Michael.

**SHAPE  
UP**  
TRAINING

