

HAND STRAPPING FOR BOXING

STEP1

- Hook wrap over thumb
- Wrap around wrist twice



STEP2

- Keeping the fingers spread wrap around wrist
- Wrap around the outside of the hand just below the knuckle of the little finger

STEP3

- Keeping the fingers spread wrap over the knuckles of hand



STEP4

- Fold or double the wrap over the knuckles three to four times
- Ensure the fingers are kept spread and fold firmly and neatly over the knuckles to provide cushioning & protection

STEP5

- Keeping the fingers spread, wrap around the whole hand and over the layers you have made by doubling the wrap over

STEP6

- Wrap around the hand and the wrist to finish just below the join of the thumb



STEP7

- Keeping the fingers spread go through the space between the little finger and ring finger

STEP8

- Keeping the fingers spread go through the space between index and middle finger



STEP9

- Keeping fingers spread go through the space between middle and ring finger

STEP10

- Wrap around the wrist covering the position just below the thumb joint
- Wrap over the knuckles



STEP11

- Wrap around the thumb and wrist to finish

BOOTCAMP 5 WEEKS \$180

STARTS

MON 19TH AUGUST

ENDS

SAT 21ST SEPTEMBER

SESSIONS ARE

MON 7PM - WED 7PM - SAT 9.30AM

TOMATO AND BASIL SOUP

Ingredients

- 8 large ripe Roma tomatoes, halved crossways
- 1 red capsicum, quartered lengthways
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1 teaspoon caster sugar
- 2 garlic cloves, finely chopped
- 2 cups reduced-salt chicken stock
- 1 tablespoon tomato paste
- 1/2 cup basil leaves

Method

1. Preheat oven to 180°C. Line base of a large roasting pan with baking paper. Arrange tomatoes and capsicum in a single layer in pan. Sprinkle with vinegar, oil, sugar and garlic. for 1 hour or until tender. Set aside.
2. Combine stock and tomato paste in a saucepan. Bring to the boil over medium-high heat.
3. Add stock mixture to saucepan then add blended roasted vegetables and 1/3 cup basil leaves until smooth.

CALORIES AND SUGAR IN DRINKS

We often talk about the calorie and sugar content of different drinks but sometimes it is not until you actually see the numbers that you really realise how many you may be consuming on a daily basis and how they may be effecting your weight long term. So if you do enjoy your juices, tea, coffee, wine and other fluids through the day, it may be worth doing a quick calculation.

Sample Day

Meal	Drink	Calories	Sugars (g)
Breakfast	OJ	100	20
	Cappuccino	100	10
Mid-Morning	Cappuccino	100	10
Lunch	Berry smoothie	250	30
Mid-Afternoon	V or Red Bull	200	25
Dinner	Large glass of wine	250	10
Total		1000cal!	105g!

AUGUST/SEPTEMBER BOOTCAMP

INTRDUCE A NEW FAMILY MEMBER OR FRIEND TO BOOTCAMP AND YOU GET YOUR 5 WEEK BOOTCAMP FOR FREE. THAT'S A SAVING OF \$180

If you have a friend or family member who has been thinking about doing Bootcamp, now is a great opportunity to do so. For a short time only FitnessNRG is offering existing clients a chance to join up a friend OR family member and you get yours free . Please note that the new participant will need to do a 1 hr assessment which is \$50 plus the Bootcamp fee \$180. The August/September Bootcamp is 5 weeks duration instead of 4 weeks. This is to fit in with the end of term. It starts Monday 19th August. Last session is Sat 21st September.