

THINKING ABOUT TRYING BOXING?

EVERYTHING YOU NEED TO KNOW BEFORE
YOU WALK THROUGH THE DOOR.



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HELPING BEGINNERS BUILD CONFIDENCE
THROUGH BOXING SINCE 1989





WELCOME.

If you're reading this, you've probably been thinking about trying boxing for a while...

- ✓ Am I fit enough?
- ✓ Will everyone be better than me?
- ✓ What if I embarrass myself?
- ✓ Will I get punched?

“ Here's something I want you to know...

ALMOST EVERY BEGINNER I'VE COACHED HAS ASKED THESE EXACT SAME QUESTIONS.

The good news? Once you understand what to expect, most of those fears disappear.

That's why I created this guide.

I hope it helps you feel confident enough to take that first step.

— *Coach Cindy*



**COACH
CINDY'S TIP**

The hardest part of boxing isn't your first punch.

It's walking through the door.

Once you do that, everything gets easier.





IS BOXING RIGHT FOR ME?

Boxing is for everyone. You don't need experience, you don't need to be fit, and you definitely don't need to be a fighter.

You just need to start.

WHAT YOU'LL GET



MORE ENERGY

Improve your cardiovascular fitness and stamina.



MORE CONFIDENCE

Build self-belief that carries into every part of your life.



MORE STRENGTH

Get stronger physically and mentally.



STRESS RELIEF

Clear your mind, release tension and feel better.



YOU DON'T NEED EXPERIENCE.

We'll teach you everything step by step.



YOU DON'T NEED TO BE FIT.

You'll build your fitness as you go.



YOU DON'T NEED TO SPAR.

Sparring is completely optional. It's your choice, not a requirement.



YOU JUST NEED TO START.

The hardest part is walking through the door.



COACH CINDY'S TIP

There's no such thing as "too late" or "not fit enough".
The best time to start was yesterday.
The next best time is today.





WHAT YOU'LL GET FROM BOXING

Boxing is about so much more than learning how to punch. It changes the way you think, the way you move, and the way you show up in your everyday life.

You'll build:



MENTAL STRENGTH

You'll learn to stay calm under pressure, set goals, and push through challenges.



PHYSICAL FITNESS

Better endurance, strength, coordination and overall health — one round at a time.



SELF-CONFIDENCE

You'll surprise yourself with what you're capable of achieving.



A SUPPORTIVE COMMUNITY

You'll train in a welcoming space where everyone is here to help each other grow.



Problem

When you're a beginner, sometimes life feels overwhelming. Boxing gives you a focus. A positive outlet. A way to take some of the weight off your shoulders.



Passion

The second you put the gloves on, you'll understand. There's an energy in this sport that's hard to explain until you feel it for yourself.



Pro-efficiency

It's not about how fast or strong you are. It's about learning the right way to move, improve a little each session, and see real progress you can be proud of.



COACH CINDY'S TIP

Boxing doesn't just change your body. It changes your mindset.
Show up. Stay consistent.
Everything else follows.





BUILDING YOUR BOXING PLAN

A solid plan keeps you focused, motivated and moving forward. Here's how to build a plan that works for you.



1. SET YOUR GOALS

Know what you want to achieve. Whether it's getting fit, building confidence, or stepping into the ring — get clear on your 'why'.



2. PLAN YOUR SESSIONS

Consistency is key. Schedule your training just like any other important appointment.



3. TRACK YOUR PROGRESS

Track how you feel, what you learn and the improvements you make along the way.



4. STAY MOTIVATED

There will be tough days. Stay focused on your 'why' and celebrate the small wins.

“

A goal without a plan is just a wish.



ACTION TIP

Write down 1 short-term goal (next 3 months) and 1 long-term goal (6–12 months).

ACTION TIP

Aim for 2–4 sessions per week. Find times that fit your lifestyle and stick to them.

ACTION TIP

Keep a simple training journal or use our workout log to track your progress.

ACTION TIP

Surround yourself with positive people and remember — you're not in this alone.



COACH CINDY'S TIP

Progress isn't always loud.

Some days it's just showing up. And that counts.

Keep going — your future self will thank you.



YOUR FIRST CLASS

Here's exactly what to expect.

Walking into a boxing gym for the first time can feel intimidating. We make it simple, supportive and fun. You'll be guided every step of the way.



THE CLASS USUALLY LOOKS LIKE THIS:



1. WARM-UP

- Light movement
- Mobility
- Shadow boxing



2. LEARN A TECHNIQUE

- Stance
- Footwork
- Jab
- Defence



3. PARTNER DRILLS

No one is trying to hurt you. You'll practise with someone at your level.



4. FITNESS FINISHER

A fun workout to finish and leave you feeling accomplished.



COACH CINDY'S TIP



You don't need to be fit before you start.

That's what the classes are for.

WILL I GET HIT?

It's the number one question we hear from beginners.

The short answer: **not unless you choose to.**

At BBPGYM, your experience is built around your goals, your comfort level and your choices.

YOU CHOOSE YOUR PATHWAY



FITNESS BOXING

Great for fitness, confidence and stress relief.



SKILLS & TECHNIQUE

Learn the fundamentals at your own pace.



PAD WORK

Partner drills that are safe, controlled and effective.



OPTIONAL SPARRING

You decide if and when you're ready.



FIGHTER PATHWAY

For those who want to compete. Completely optional.



YOU'RE IN CONTROL.

You never have to spar unless you want to.



COACH CINDY'S TIP

Everyone starts somewhere. We meet you where you're at and help you grow from there.



Boxing is about respect. You train with partners who help you learn, not hurt you.



WHAT SHOULD I BRING?

You don't need much to get started. Just some basics, a good attitude and we'll take care of the rest.



WATER BOTTLE

Stay hydrated and perform your best.



TOWEL

Bring one to keep fresh between rounds.



COMFORTABLE TRAINING CLOTHES

Wear something you can move in.



RUNNING SHOES

Support and grip make a big difference.



A POSITIVE ATTITUDE

Be ready to learn, work hard and have fun!



DON'T HAVE GLOVES?

Don't worry. We have gloves and equipment you can use for your first class.



ARE LOCKER ROOMS AVAILABLE?

Yes! We have clean and secure change rooms.

5 BEGINNER MYTHS ABOUT BOXING

There are a lot of misconceptions about boxing. **Let's set the record straight.**



1 I'M TOO OLD.

TRUTH: It's never too late to start. We train adults of all ages and fitness levels.



2 I NEED TO GET FIT FIRST.

TRUTH: That's backwards. Boxing will help you get fit, one class at a time.



3 EVERYONE WILL BE WATCHING ME.

TRUTH: No one is watching you. Everyone is focused on their own workout.



4 I'LL GET PUNCHED.

TRUTH: You won't get hit unless you choose to. We train in a safe, controlled environment.



5 BOXING GYMS ARE INTIMIDATING.

TRUTH: BBPGYM is a welcoming, supportive community. You'll feel at home from day one.



THE REALITY?

Boxing is about improvement, not intimidation. We're here to help you become stronger, more confident and the best version of yourself.

You belong here.

We'll see you in the gym.

READY TO TAKE THE FIRST STEP?

Thousands of people
have stood where you're
standing now.

You're not alone.

This could be you.

WHAT TO EXPECT:



1 BOOK YOUR FREE CLASS

It all starts with one simple
step. Book online, call or
DM us.



2 WEAR COMFORTABLE TRAINING CLOTHES

Just bring yourself and a
water bottle.



3 WE'LL PROVIDE GLOVES IF YOU NEED THEM

No need to buy anything
before your first class.



4 MEET OUR COMMUNITY

Friendly people, real support
and a team that's got
your back.

**RESPECT ALL
FEAR NONE**

ONE DECISION CAN CHANGE
everything.

You don't have to be fit.
You don't need experience.

You just have to start.



★ Still unsure? Come in, meet the coaches, have a look around
and ask as many questions as you like. No pressure. ★

YOUR FIRST CLASS IS FREE.
**YOUR FUTURE STARTS
WITH ONE DECISION.**



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