Functional Training

Miscellaneous

What is ‘Functional Training’? By definition: “Functional training attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries. In the context of body building, functional training involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back.” This is the most effective way to; improve strength, balance, coordination, endurance and agility, all at once.

At Level Red Boxing, we use kettlebells, medicine balls, boxing gloves, and our own personal body weight to help us functionally train. From kettlebell lunges, to medicine ball squats, to mountain climbers, and even some light yoga… these exercises help build your body to be more stabilized, lean, in sync, and conscious of your movements. The first couple of workouts will of course leave you feeling rather sore. But like most things in life, it takes time and consistency to see results. The more you train functionally, the better you’ll become at working your entire body as one system.

Functional coordination with boxing allows for the brain and body to connect and link the wiring of your movements to create a synced flow. Carolyn, a trainer at our Buffalo location, recalls a time of how boxing benefited a young woman with Parkinson’s disease: by allowing her to focus and on her body and movements, working both sides of the brain, it allowed her mind to reconnect and give her that power of independence again. Giving her that strength in control of her movements and relinking her mind to the rest of her body, even if it were only for a moment. Carolyn also believes that with the constant combination of exercising sequences both mentally and physically, allows for a stronger body to rebuild and help become synced and conscious of itself again.

This gym isn’t like any other gym, we build our relationships with our clients while providing a friendly-family like atmosphere. We take steps to helping build towards our member’s goals and helping build a stronger and better way of living, no matter the obstacle. Carolyn is a perfect example of the kind of dedicated team members we have on staff. She goes the extra mile providing an in-depth session to help fuel your confidence and abilities. The staff is phenomenal and the workouts are equally as wonderful; each session offers full-body toning results that keep you wanting more. Level Red Boxing believes that working out can be fun. So bring a friend and meet with us today!

Let us prove to you that you can be STRONG AT ANY LEVEL.