



OFFICIAL MAGAZINE  
ANNUAL ISSUE 2013



THIS YEAR...

# DEFEAT IS NOT AN OPTION

FIGHT TO END CANCER GALA 2013

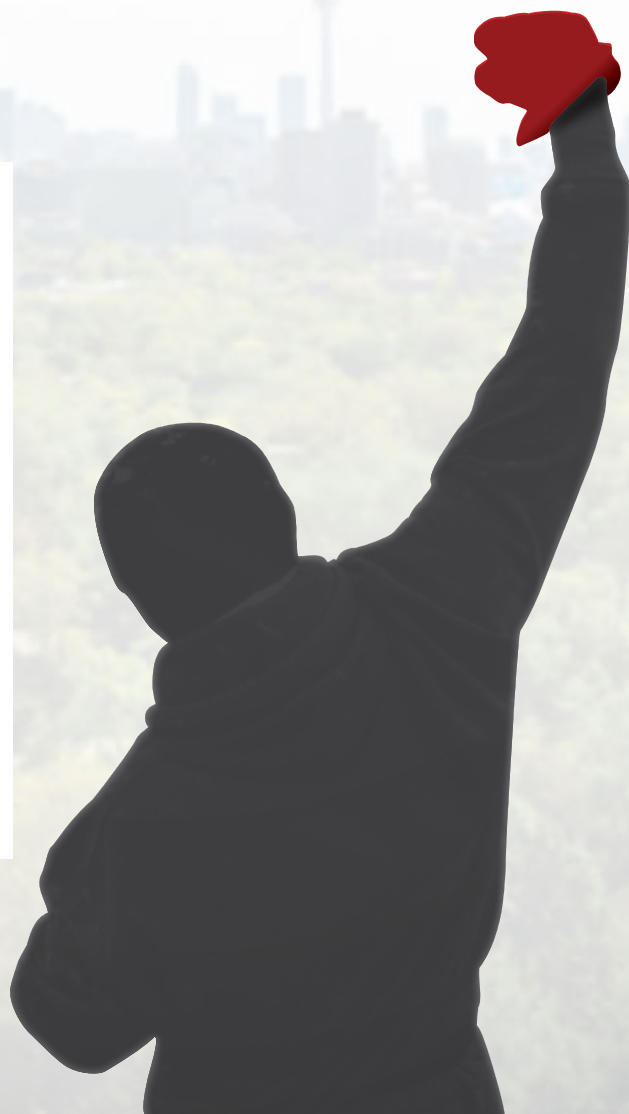


## BOXING

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CANCER SURVIVOR  
**DANIEL JACOBS**  
RETURNS TO RING  
AFTER OPPRESSIVE BOUT  
**WITH OSTEOSARCOMA**





# FIGHT TO END CANCER

OLD MILL INN | JUNE 15, 2013  
[WWW.FIGHTTOENDCANCER.COM](http://WWW.FIGHTTOENDCANCER.COM)



The Princess Margaret  
Cancer Foundation  UHN



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## ABOUT

### THE EVENT

The second annual **Fight To End Cancer** - Saturday June 15<sup>th</sup> 2013, at the Old Mill Inn. This Gala event not only includes an elegant gourmet dinner but also features a full evening of entertainment including the night's main event - a series of Olympic style boxing bouts featuring local business leaders and celebrities.

### THE PURPOSE

Those who have been affected by cancer have had to fight! Fight To End Cancer raises funds for cancer research with proceeds going directly to support the **Princess Margaret Hospital Urgent Cancer Priorities Fund**. In addition, this year funds will also be raised for "What Are You Fighting For", a youth fundraising initiative directly impacting the youth within your community.

This Gala event is just one part of an ongoing fundraising effort which will continue throughout the year, and whose success will in large part rely on community team work and continued media exposure. With these efforts, FTEC is confident to reach its goal of raising over \$1,000,000 annually by 2016 to support this cause.

### THE BENEFIT OF SPONSORSHIP

Thanks to its solid first year results, the Fight To End Cancer has become a well recognized and prestigious corporate occasion. The event raised over \$56,000.00 in 2012 and 2013 will provide even greater opportunities to promote your company, host valued clients, network and demonstrate staff appreciation while at the same time helping to sustain the passion behind our vital cause.

Along with the attention your company will receive through its involvement in the event itself, there will also be numerous media days and advertisements throughout the year which will provide the supporting companies with both local and national exposure.

To become involved as a partner or charity fighter, contact:

[info@fighttoendcancer.com](mailto:info@fighttoendcancer.com)

### EVENT AGENDA

5:00 pm – 6:00 pm	RECEPTION
6:00 pm – 8:00 pm	DINNER AND PRE-SHOW
8:00 pm – 9:00 pm	FIGHTS 1 TO 3
9:15 pm – 9:20 pm	LIVE AUCTION
9:20 pm – 9:50 pm	FIGHT 4
10:10 pm – 10:25 pm	MAIN EVENT
10:25 pm – 10:30 pm	GIFTS TO THE GUESTS

# A NOTE FROM: THE FOUNDER AND TEAM



## JENNIFER HUGGINS

**Fight To End Cancer and WAYFF  
Founder, Executive Director  
Kingsway Boxing Club - Owner**

"It has been overwhelming to see how quickly interest and support for this event has grown in a very short time and this is only the beginning. Above ending cancer, my ultimate goal with every mission I take on, is to provide the means to show every person in this world that they can make a difference. Though I am only one individual, I have learned that there is no limit to who hears my message.

**Fight with us...** this is our club's motto as we organize our team to do battle in the only way we know how. This is a unique opportunity to demonstrate our strength of character, and at the

same time to give back to the community around which our success has been built. The Princess Margaret Hospital has played a fundamental role and has been an essential part of all of our friends' success stories. We look forward to supporting one of the community's most integral research foundations in the Fight To End Cancer.

Having been in business since 2006, Kingsway Boxing Club has had the chance to work with many people from our community, many of whom have now become friends. Over the years, we found ourselves helping many of these friends and family who have been directly affected by the battle against various cancers. We take these battles very personally and it is for this reason that we are trying to find new ways to help and support those who mean so much to us.

**You are not in this alone!** This is how the Kingsway Boxing team and committee for Fight To End Cancer feel about the battle against cancer. Fight To End Cancer proves to those who are fighting, have fought or have been in some way affected by cancer, that **they are not alone!**"

*Jennifer Huggins*



### ABOUT FIGHT TO END CANCER

Fight To End Cancer (FTEC) is a non-profit organization. We have chosen to partner with the Princess Margaret Cancer Foundation because of the direct support they provide within the community. This year, Fight To End Cancer is also raising funds for the What Are You Fighting For Initiative, a program that supports and provides opportunities to exceptional youth within the community. Our goal – for which the support of the community and local business owners is fundamental, is to raise funds for a cause that directly affects the world in which we live. Let's make a difference now in the Fight To End Cancer for a long and successful future for everyone.

[www.fighttoendcancer.com](http://www.fighttoendcancer.com)

## COACHING THE FTEC TEAM



## VIRGIL BARROW

**2012 FTEC Main Event  
2013 FTEC Fight Team Captain**

excited to contribute my years of experience as a fighter and coach to train these brave fighters taking the challenge to step into the ring, all in support of the same fight."

*Virgil Barrow*

## WORDS FROM A FIGHTER



## JEFF BROSSMANN

**2013 Corporate Fighter  
Atlas POS Systems Ltd.**

I was looking for a new and meaningful life challenge as I hit my forties. I believe that if we don't seek out and act upon opportunities to develop our full potential, we will only use a small fraction of our true capabilities. As we get older, our natural tendency is often to stick only to things that we feel comfortable with. Sometimes trying things outside our comfort zone makes us a stronger person. The training I've done over the past six months has taught me that my body can still learn new things. I've become more aware of my body and I realize that if you fully commit yourself to a challenge, then you will be ready when the time comes. Those of us that have our health, need to be thankful every day. To walk in a ring and face the biggest physical challenge in my life is my small contribution to bringing us one step closer to the cure for cancer. I am ready to fight to end cancer.

*Jeff Brossmann*



### ABOUT KINGSWAY BOXING CLUB

Kingsway Boxing is Toronto's leader in boxing training for fitness, competition and stress relief. We pride ourselves on helping our clients achieve their personal fitness goals by utilizing the best coaching methods, fitness and boxing classes, facilities and training programs.

We are proudly teaming up with the Princess Margaret Cancer Foundation to help Fight To End Cancer. It is an honor for our team to fight for such a great cause!

[www.kingswayboxingclub.com](http://www.kingswayboxingclub.com)

# A NOTE FROM: PRINCESS MARGARET HOSPITAL



**By Kelly Webb**  
Manager, Special Events  
Princess Margaret  
Cancer Foundation

We are so pleased to once again partner with the Fight to End Cancer. After a great beginning in 2012, we look forward to even more success this year. Last year's Fight to End Cancer raised more than \$56,000.00 in support of critical cancer care at the Princess Margaret Cancer Centre. We are extraordinarily grateful to the event organizers and to their commitment in going forward with this exciting event.

Today, The Princess Margaret is embarking on a special five year challenge to create a new standard of personalized cancer medicine for patients at the hospital, across Canada and around the world. Our commitment is to raise \$1 Billion to fund the most cutting edge research that will have greatest impact on patients, and take us closer to our vision: To Conquer Cancer in Our Lifetime.

Recent advances in genetics – including the ability to decode cancer genes – are enabling a more customized approach, combining a better understanding of each patient's type of cancer and how that patient is likely to respond to particular therapies. In other words, finding the right treatment, for the right patient, at the right time. This is Personalized Cancer Medicine – a field in which we are poised to lead the world.

The Princess Margaret Cancer Centre has an international reputation as a global leader in the fight against cancer and is considered one of the world's top five comprehensive cancer treatment and research centres. None of this would be possible without the generous support, commitment and dedication of our donors and our community. We are privileged to count the Fight To End Cancer as our partner in our mission. By supporting this event, you are improving the lives of cancer patients now and in the future.

## ABOUT THE PRINCESS MARGARET CANCER FOUNDATION

The Princess Margaret Hospital Foundation is a member of the University Health Network which also includes Toronto General Hospital and Toronto Western Hospital. These three research-oriented hospitals are also affiliated with University of Toronto.

The Princess Margaret Hospital Foundation raises funds for breakthrough research, exemplary teaching and compassionate care at The Princess Margaret, and has achieved an international reputation as one of the top 5 cancer research centres in the world.

The Princess Margaret combines the clinical excellence of Princess Margaret Hospital with the expertise of its research at the Ontario Cancer Institute, which includes The Campbell Family Cancer Research Institute.



## Committed to making a difference

We are proud to sponsor Kingsway Boxing Club's Fight to End Cancer, in support of The Princess Margaret Hospital Foundation. We celebrate your dedication to creating a future without cancer.



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# A NOTE FROM: WHAT ARE YOU FIGHTING FOR



## Introducing What Are You Fighting For [www.wayffglobal.com]

What Are You Fighting For (WAYFF) is the parent division of the Fight To End Cancer. We are determined to inspire our community to become passionate about local volunteerism and recognizing their power to make a difference. In addition to annual events such as Fight To End Cancer, which raises money for charity. WAYFF is currently working toward setting up corporate events, scholarship funds, school and corporate fitness programs. We hope to make our mark in this world by showing others how to make theirs.

### Who We Reach

Corporations and schools who are involved with programs and events offered by What Are You Fighting For (WAYFF) are automatically supporting many causes locally and globally.

Building on its first year of success, WAYFF has launched a variety of fundraising initiatives because we believe it only takes one person to share a vision and start a revolution. We have partnered with companies in the community in efforts to band together in growth, networking and support.

### “Your Company” – What Are You Fighting For

If you are in attendance at the Fight To End Cancer Gala, then you are enjoying one of the many services offered by What Are You Fighting For.

- Events, Concerts and Variety Shows
- Corporate team building programs
- School and sport programs



The iBelieve Foundation funds research into Mucopolysaccharidosis II (MPS II), also called “Hunter syndrome.” While MPS II affects just 30 people in Canada and 2000 worldwide, its cure could propel breakthroughs in over 50 related lysosomal storage disorders (LSDs), which are much more common. To put this in perspective, every 30 minutes a baby is born with an LSD.

With your commitment and support, our goals are within reach. **We can. We do. We will.**

**We can.** Simon Ibell was born with MPS II. While he was growing up, Simon and his family travelled all over the world, seeking information and treatment for his disease. As an adult, Simon has become a crusader for the entire rare disease community. He founded iBelieve knowing that a focused, coordinated, well-funded plan has the potential to drive a cure within the next decade.

**We do.** For the first time ever, a cure for MPS II has become not only possible, it is now probable. Recent breakthroughs have led to treatment that can arrest the progress of MPS II. Adequate funding has become the lone major obstacle in the way of a cure. This is great news – your commitment can make an immediate difference.

**We will.** Together, we can support research into MPS II and a whole cascade of cures.

Learn more at [www.iBelieve.com](http://www.iBelieve.com) and donate to the iBelieve Foundation to help discover a cure.

# WHAT ARE YOU FIGHTING FOR WORDS FROM OUR SUPPORTERS



GLENN MCGUIRE | CENTURY 21 BROWN

I give to several causes and the Fight To End Cancer is the one that touches me most. Like many Canadians I carry the mental scars that come with cancer. I have watched, loved ones wither away in the clutches of this deadly disease. The feeling of loss and helplessness is something no one should have to experience. And the fact cancer takes these loved ones away when they are in the midst of enjoying life the most is so unjust. I fight the fight so future generations will not suffer cancer's devastation and will live life to its fullest.



KEVIN DEE | EAGLE PROFESSIONAL RESOURCES

I am a huge believer in giving back to the community and over the years have supported many causes both personally and through my company. Perhaps the biggest commitment I made was in 2011 when I literally gave blood, in the boxing ring, participating in a charity white collar boxing match at age fifty-five. It took five months of training to prepare for a six minute “geezer rumble”! Not everyone needs to make that level of commitment, but I hope everyone understands the commitment of the participants in the Fight to End Cancer, and support them in this battle against the true opponent ... Cancer!



CHRIS AMENDOLA | BEANFIELD TECHNOLOGIES

Aside from being very involved in the community and supporting many local charities through my business, this is a cause that really hits home for me personally. When I was eighteen I lost the most important person in my life to Cancer, my mother and best friend. I feel very strongly about supporting anything related to Cancer and the research behind finding a cure, just as anyone should, as Cancer will touch every one of us at some point throughout our lives. It just so happens that I'm also very passionate about boxing, so I'm very excited to be a part of such an incredible event that will make a difference. If there was ever a reason to raise a fist this is it.

# PERFORMERS



DICK JOINER  
MASTER OF CEREMONIES

A veteran of theatre and cabaret, DICK JOINER is a multi-faceted entertainer who performs in venues throughout North America, Europe, South and Central America and Australia.

He has opened for such stars as Bobby Vinton, Ron James, Blue Rodeo and Bobby Curtola, produced and directed the “Pig and Whistle” show tour, been a featured performer on several cruise lines in all parts of the world and has just completed another National Tour of Canada as Host, Magician and Director of the hugely entertaining “Fantasy Show”.

He is also the longstanding Emcee of the largest Senior’s Variety show in North America, “The Jubilee”, a sold out festival held annually at Toronto’s prestigious Roy Thompson Hall.

Dick’s infectious humour appeals to audiences of all ages making him one of the most sought after comedic performers anywhere.

A DICK JOINER event is always a must see for those who have previously enjoyed the experience. To audience members seeing him for the first time, DICK constantly brings new fans aboard with his hilarious and far reaching comedic talent. [www.dickjoiner.com](http://www.dickjoiner.com)



FRANK PROCTOR  
RING ANNOUNCER

Broadcaster, actor, lyricist, and bestselling children's author Frank Proctor hosts SENTIMENTAL JOURNEY, LIVE IN THE CITY, SATURDAY SINATRA and cohosts the GARDEN AND HOME SHOW on The New AM 740.

Listeners may remember Franks voice on Toronto's CFRB, St.Catharines CKTB and Londons CFPL to name a few. A veteran actor, Franks film credits include n the role of the Ringmaster in The Hurricane, directed by Norman Jewison and starring Denzel Washington.

Frank wrote the children's book, The Day The Welland Canal Monster Met Santa, and some might recall his hit parody song, You Picked A Fine Time To Leave Me Margaret, which he wrote and recorded in the late 1970s.

Frank worked as Fight To End Cancer’s Ring Announcer at our inaugural show in 2012 and we are proud to welcome him back.



TERRY CONNOLLY  
SINGER/ENTERTAINER

Terry Connolly is an accomplished entertainer bar none. He is at home with any kind of audience, letting his soaring vocals and Irish wit captivate and inspire. Terry has shared the stage with such greats as Roy Orbison, Barbara Mandrell, Gladys Knight, Englebert Humperdink, and more .He has appeared in many different venues around the world.

His career started with a bang. Winning an international award in Spain in his first professional engagement, and followed by three consecutive number one records in his native Ireland.

He has fronted a twenty three piece big band, as well as his own showband. He plays keyboards and guitar and employs some wonderful technology to sound like a full orchestra, and has toured extensively throughout Europe, Canada ,and the United States, performing as a one man show. He currently makes his home in Florida and Canada.

If you are looking for an enjoyable evening out, with great singing and lots of laughs, look no further. Terry can provide you with music for dancing as well as his humour based floor show. [www.terryconnolly.net](http://www.terryconnolly.net)



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INFORMATION TECHNOLOGIES



**KATE "HURRICANE" HILLIER**  
PERKOPOLIS

**VS**

**SHIREEN "THE MACHINE" FABING**  
ROGERS COMMUNICATIONS

IRELAND	HOMETOWN	CAPE TOWN, SA
31	AGE	32
120 LBS	WEIGHT	115 LBS
5'4"	HEIGHT	5'3"
100"	REACH	80"
4-2-0	RECORD	1-2-0



**DARYN "EL TERIBLE" ACKERS**  
MARKHAM FIRE DEPT.

**VS**

**JEFF "BROSS THE BOSS" BROSSMANN**  
ATLAS POS SYSTEMS

ITALY	HOMETOWN	MEXICO
34	AGE	30
175 LBS	WEIGHT	175 LBS
5'9"	HEIGHT	6'0"
60"	REACH	50"
90-2-0	RECORD	PREMIER FIGHT



**SHAWN "FURIOUS" FITZPATRICK**  
OXYGEN BIKE CO.

**VS**

**ROBERT "HITMAN" GORICAN**  
FEAST OF FOOLS THEATRE

SPAIN	HOMETOWN	ETHIOPIA
37	AGE	44
150 LBS	WEIGHT	192 LBS
5'7"	HEIGHT	6'4"
80"	REACH	30"
10-1-2	RECORD	0 - 0 - 0



**ROBERT "SMASHIN" MCGLASHAN**  
MC CAGUE BORACK

**VS**

**CHRISTOPHER "FAT" ATKINS**  
WALTERS FORENSIC

GERMANY	HOMETOWN	AUSTRIA
28	AGE	34
190 LBS	WEIGHT	192 LBS
6'7"	HEIGHT	6'7"
80"	REACH	80"
10-1-2	RECORD	102-10-0

# MAIN EVENT



**OLEG "THE KEG" PASHYNSKYY**  
DREAM HOUSE CONSTRUCTION

**VS**

**MATTHEW "CHAMPAGNE" HEHN**  
CHARTON HOBBS

RUSSIA	HOMETOWN	NICARAGUA
28	AGE	34
225 LBS	WEIGHT	225 LBS
6'7"	HEIGHT	6'7"
80"	REACH	80"
200-0-0	RECORD	PREMIER FIGHT

# SURVIVOR ARTICLE: DANIEL JACOBS



Daniel Jacobs celebrates after beating Juan Astorga by TKO for the NABO supermiddleweight title. (Getty)

Daniel Jacobs was a few months past his 24th birthday, an elite prospect, and an almost-certain world champion. His condition however, was odd for a conditioned professional athlete. His legs were weakening and his feet dragged as he walked. The problem worsened until he first needed a cane and then a walker.

Jacobs though, was the eternal optimist. The numbness and the weakness in his lower body would disappear. He believed when he returned to the gym and resumed training, he'd continue his march toward the top of the middleweight division. Suddenly, he found himself talking to his doctor and heard the one word that changed everything: Cancer.

"You have to understand, I was on my death bed," Jacobs said. "The doctor said that the tumor was growing so fast, if I had waited four more days, it would have grown so large it would have slowed my heart down. I literally escaped death."

Jacobs will return to box on Oct. 20 at the Barclays Center in his native Brooklyn, N.Y., a miracle with more twists and turns than a Hitchcock movie. On that beautiful spring day in May 2011, though, Jacobs learned for the first time just how lucky he is to be alive.

Even thinking of death was unfathomable to Jacobs. Death happened to old folks, not young, healthy, 24-year-old professional athletes with a world of promise and everything to live for.

He had a plan for his life, and it included earning enough money to provide for his 2-year-old son, Nathaniel, as well

as future generations. He dreamed of capturing world titles, winning dramatic bouts and being celebrated for his heart, courage and dedication. Dying wasn't part of the plan.

Jacobs was something of a boxing prodigy. He was 137-7 as an amateur and won the national Golden Gloves title both as a welterweight and as a middleweight. He'd also won the Police Athletic League national title twice and was the 19-under U.S. champion in 2004. Jacobs turned pro in late 2007 amid great acclaim. He'd signed with Golden Boy Promotions and very quickly was being featured on major shows. He made his pro debut on the undercard of the Floyd Mayweather-Ricky Hatton card in Las Vegas. It doesn't get much bigger for a 19-year-old rookie. Eight of his first 11 bouts ended in first-round knockouts. Very quickly, Jacobs was skyrocketing up the middleweight rankings.

"I worked really hard to get to where I was," Jacobs said. "Nothing was given to me. But boxing fit me. It was natural. I seemed to understand it very well."

He was good-looking, charismatic and well-spoken. Not only could he box, he could punch and the world loves a knockout artist.

Jacobs lost a championship bout he was heavily favored to win. He was knocked out in the fifth round on July 31, 2010, by Dmitry Pirog in a bout in Las Vegas for the WBO middleweight title.

It was a shocker, but Pirog was a quality opponent and Jacobs' personal life was a mess at the time. His grandmother,

Cordelia Jacobs, the woman who had raised him, had died a few days earlier. Jacobs had fallen apart emotionally in the locker room moments before he had to walk to the ring to fight.

The consensus in the boxing world was that it was a blip on the radar and that Jacobs would soon be back.

Nine months after that loss, he was in a fight for his life. On May 13, 2011, neurosurgeon Dr. Roger Härtl performed a catheter embolization to cut off blood supply to the tumor. But it wasn't until the pathology report came back that things really got bad for Jacobs.

The tumor was malignant. Jacobs had osteosarcoma, a type of cancer that grows in the bones. The five-year survival rate for localized osteosarcoma, or cancer which had not spread, was 60 to 80 percent.

That was the good news, even though it meant that the chance of not surviving it was 20 to 40 percent. If the cancer had metastasized, or spread from the bones to other parts of the body, the five-year survival would have dropped to just 15 to 30 percent.

After 25 radiation treatments, Jacobs was finally cancer free. He could contemplate a return to the ring. He's now 25, healthy, and insists he's as good as he ever was. He still doesn't have an opponent for the Oct. 20 show, but he is unfazed. It's going to be a magical moment in his life. He says he's a different person now. He was always a spiritual man, but had his moments.

But after beating seemingly insurmountable odds to survive cancer, he has big plans for his life, inside and outside of the ring.

"My motive in my career now is not really to be the greatest boxer of all time," Jacobs said. "My motive is to kind of be a Lance Armstrong. There are so many world champions who are just that, they're world champions. But what can they say they've done for the public, for the community?"

"For me to have an opportunity to be able to inspire so many different people to dare to be great, to not let anything stop them from what they're striving to be, it's very humbling. But that's my goal, my drive. For me to become a world champion, it's going to be so inspiring. I'm so very fortunate to be in this position, to give to the people and to show that no matter how bad things look stacked up against you, never to quit. Keep fighting."



Daniel Jacobs lands a right against Victor Lares in 2008. (Getty)

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# GETTING INTO SHAPE – HOW BOXING CAN BECOME THE KEY TO YOUR SUCCESS

ALL YOU REALLY NEED IS A GAME PLAN.



ARTICLE BY  
JENNIFER HUGGINS

KINGSWAY BOXING CLUB

Virgil Barrow (left) Jennifer Huggins (Right) using padwork as a fun interactive way to keep in shape

How many times have you decided that it's finally time to get into shape, and how many times have you written in your calendar: "Day 1 of Training"? If you are anything like 75% of the rest of us, you've probably done this tons of times since your mid-twenties, always with the best of intentions.

So many times you start a training plan and then, because of some unexpected circumstance or event, your plans get interrupted and side tracked. Other times you start strong, feel as if nothing can stop you and the next thing you know you're on vacation and when you get back, you just can't seem to regain that momentum. Whatever the reason is, each time that you're unable to stick to your plan of getting into shape, know that you're not alone.

So what's the key to being successful and sticking with your training routine?

The first you need to do is find something you enjoy, and then you need to make sure that this activity is something convenient and that fits into your lifestyle. For example, suppose you choose a summer sport like windsurfing as your exercise, no problem! But what happens when winter hits like a right cross and you can't leave your house without layers of sweaters, down filled coats and mittens? At that point, it becomes impossible to stick with that activity and you need to trade in that wetsuit for some indoor workout gear. In this case, since you would have had to wear gloves to endure the frigid cold anyway, why not consider throwing on a pair of boxing gloves instead?

Boxers are proven to be among some of the strongest athletes in world because of the training they do both inside and outside the ring. Boxing is also considered to be one of the best sports for cross-training and is used by many elite athletes

of sports such as hockey, football and soccer. The best part of boxing - not only does it help shed any excess fat your body can't use, but it's also a safe way for people of any age or fitness level to get in shape! Boxing teaches you the very thing that will save you from future injury – body awareness. Once you acquire this skill, so many other life skills are sure to follow.

So how about that? Get into the best shape of your life while at the same time gaining the life skills to prevent future injury and other health complications.

Now that you've decided to stay active, the next step is to integrate this choice into your lifestyle. This is where convenience comes in. There are so many gyms in your community, most of which have boxing classes or at the very least a few punching bags. Of course, as with any other sport, you still need to be careful when learning the fundamentals of boxing. This is why it's so important to find a qualified coach, like what is offered through Kingsway Boxing Club and other licensed clubs in your community. Make sure to do your research and look for a club that is sanctioned through AIBA, the Olympic Amateur International Boxing Association.

Once you finally start your workouts and gain the fundamental technical elements of boxing, you should try to train at least 1 – 3 times per week. Even if you find it hard to fit a scheduled class into your day, not to worry, with the skills you'll acquire through boxing, you'll eventually be able to put together many routines that are fun and don't require a coach, or even a gym.

Remember activity should be consistent, convenient and most of all enjoyable!



## ROUND ONE

WARMUP ROUND

Stretching - Jogging - Skipping  
- Shadow Boxing -

## ROUND TWO

STRENGTH AND CONDITIONING

Bag Work - Pushups - Squats  
Speed Rounds - Technical  
- Pad Work -

## ROUND THREE

COOL DOWN ROUND

Core Training - Abdominals  
- Stretching -



# TOP EXERCISE RECCOMENDATIONS

Pushups	Squats
Burpies	Pullups
Hill Running	Back Extensions
Interval Training	Dumbbell Strengthening
Plyometrics	Stretching
Calesthetics	Bench Press
Crunches	Dips

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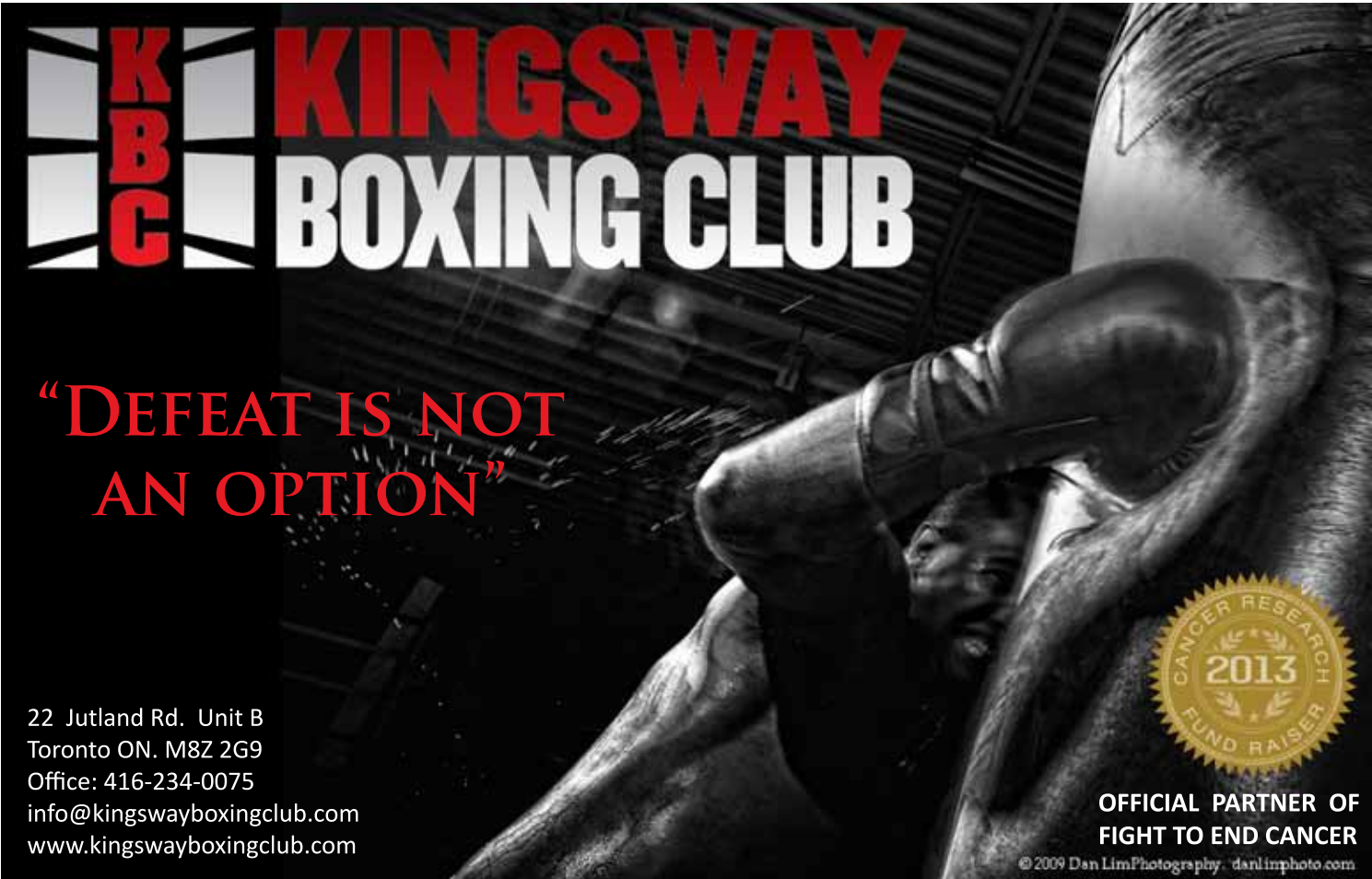
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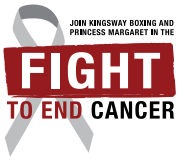
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