

UBXTM
BOXING + STRENGTH

WELCOME

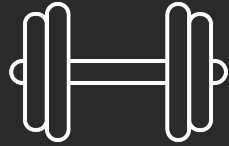


THE WORKOUT



FLEXIBLE START TIMES

No timetables means you don't have to book, you can arrive when you want and you'll never be late for your workout.



NEW WORKOUT DAILY

Our workouts provide a unique boxing and strength program. A new workout everyday means you'll never get bored!



ONE-ON-ONE SUPPORT

During a workout, you get one-on-one time with our coaches to work on form, technique and do pad-work.



UNDER 45 MINUTES

Experience a convenient full-body workout across a 12 round circuit in under 45 minutes.



NEVER MISS A WORKOUT

When you're ready for your workout, you can jump in as soon as the Coaching Screen Timer turns GREEN!

GREEN // A new 3 Minute round starts

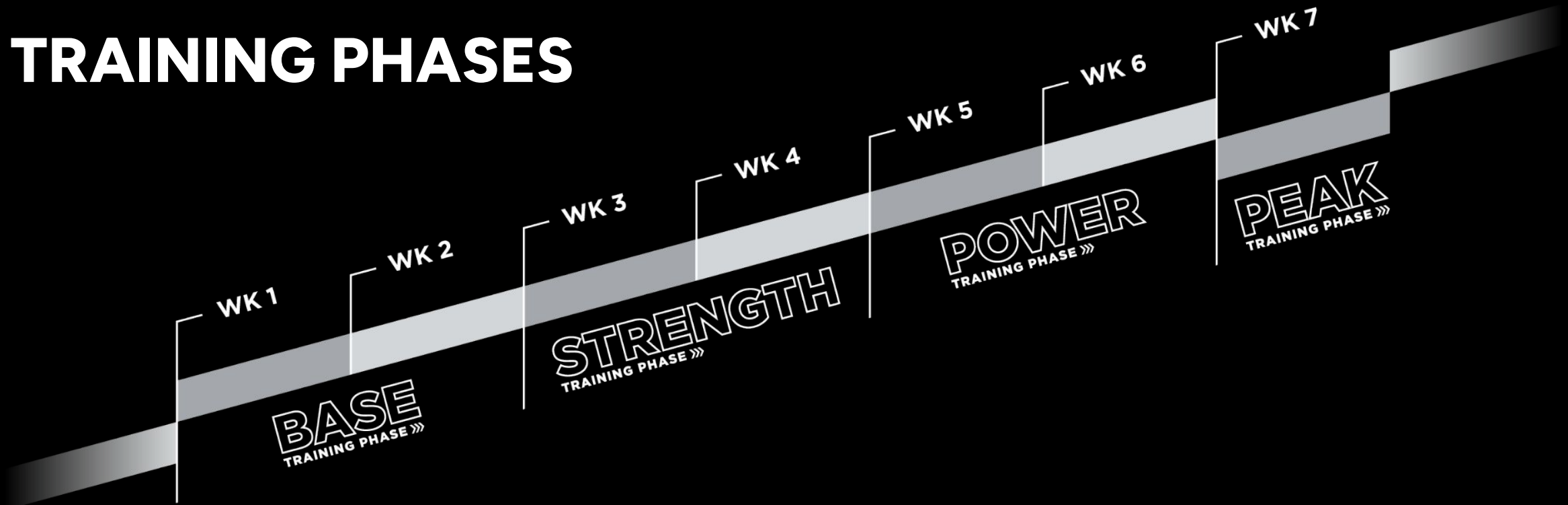
AMBER // 30 Seconds to go

RED // Rest and move to the next round (30 Seconds)

This means you will never miss a workout again, simply turn up, wait for a new round and get started.



TRAINING PHASES



BASE PHASE

- + High Reps
- + Longer Durations
- + Limited Recovery
- + Dramatic Tempo Changes

STRENGTH PHASE

- + Low Reps
- + Heavy Weights
- + Major Muscle Groups

POWER PHASE

- + Strength and Speed are combined
- + Explosive Movement
- + Quick Transitions

PEAK PHASE

- + Increased Athletic Movement
- + Focus on Speed Agility Reaction Time



EFFORT REWARDED

MYZONE

Track your performance in every workout, earn Myzone Effort Points and take your place on the Gym Leaderboard.

A Myzone watch face for user Julia. The watch face is red and displays the following metrics:

- NICKNAME:** Julia
- HEART RATE:** 167
- ZONE COLOR:** Red
- % OF MAX EFFORT:** 92%
- CALORIES BURNED:** 2
- MEP'S EARNED:** 000



A gym leaderboard screen displaying workout performance for multiple users. The screen shows a list of users with their names, effort percentages, and other metrics. The time is 1:51:35 PM. The Myzone logo is visible in the top right corner.

User	Effort %	MEP's Earned	Calories Burned
Amanda	53%	42	128
Char	40%	28	101
CHALKY	70%	132	150
RichT	71%	129	24

Additional users listed in the background:

- 2023
- 3,487
- 3,469
- 3,135
- 3,130
- 2,946
- 2,926
- 2,863
- 2,710
- 2,695
- 2,526
- 6,990 12. Suzi
- 6,586 13. JacquiMc
- 5,721 14. Wiggy
- 5,475 15. RachBK
- 4,888 16. Privlaya



EFFORT REWARDED

FIGHTER'S JOURNEY

Fighter's Journey is our reward system, where key milestones throughout the lifetime of a your membership are celebrated, these are tracked by the number of visits you make to the gym. Regardless of your fitness goal, we recognise that each workout completed takes effort and should be rewarded accordingly.



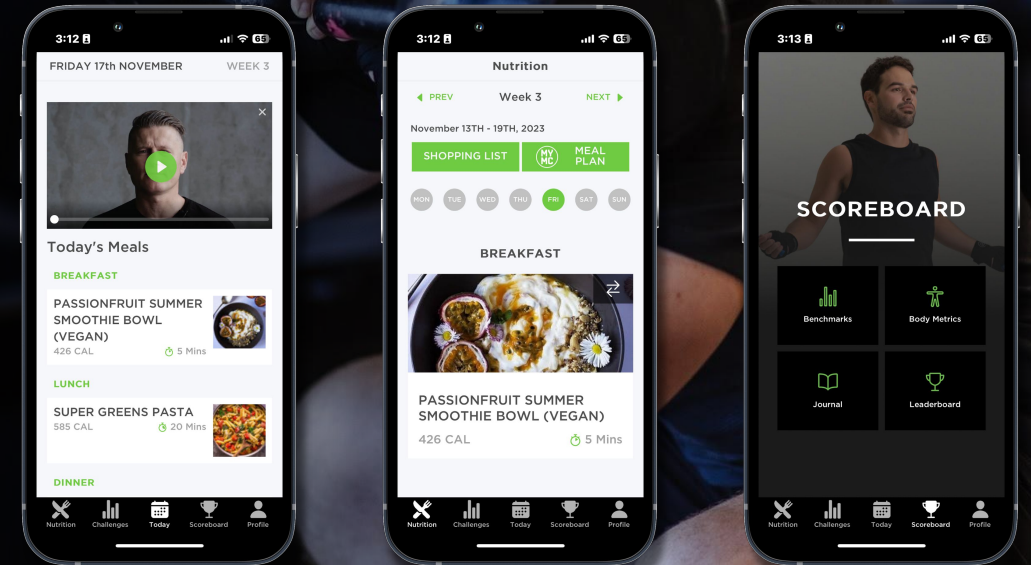
CLUB ENGAGEMENT

TRAINING CAMP

The Training Camp is a 6 week challenge that mirrors the physical and mental preparation a boxer undergoes before a fight. Our program follows the athletic progression required to transform your body, and the nutritional and mindset guidance to help you perform at your PEAK.

TRAINING CAMP APP

- + Daily Overview, preview of your Meal Plan and a recommended blog article relevant to your weekly focuses
- + Track your progress of your Benchmarks, Body Composition, short and long-term goals, and of your overall journey via your Journal
- + Access your weekly Shopping List, recipes and entire 6 week meal plan and make edits



CLUB ENGAGEMENT

BOXING WORKSHOPS

Our approach to boxing is to remain true to the traditional form of the sport, and teach our members the science, the form and the technique throughout their skill-development. You will learn how to box, without ever having to step into a ring, or getting hit!



EXTENDED ACCESS

Extended Access grants you the freedom to enter the gym before or after staffed hours and even on days when it's typically closed.

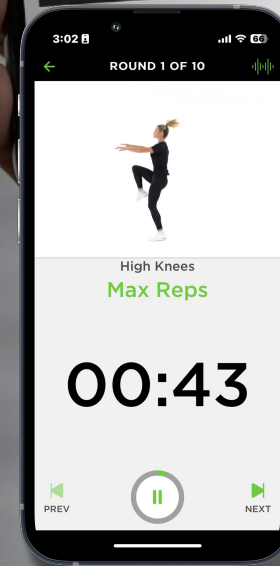
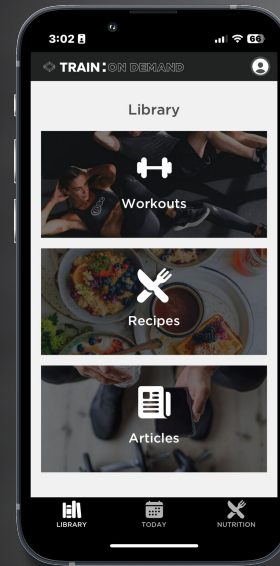
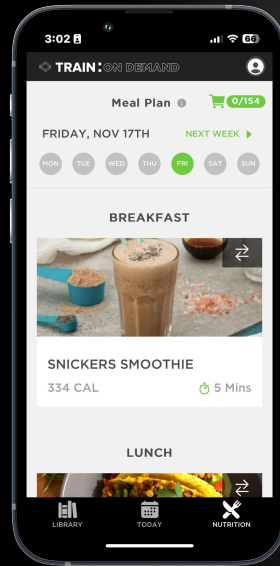
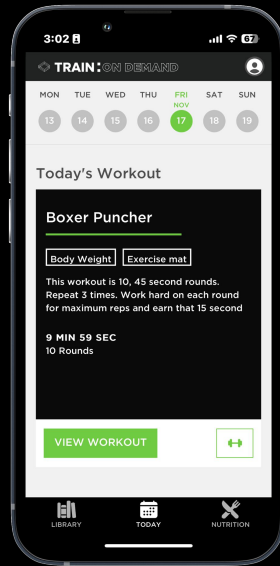
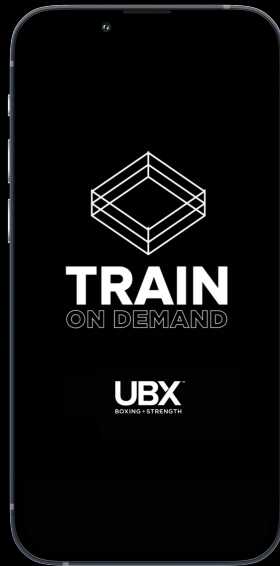
Simply use your key tag on the card reader on the front door of the gym. Once you enter the gym, the screens, music and timer will start. You then follow the screens and timer as normal to complete your workout. Once you are done and leave, the system will shut down behind you.



TRAIN: ON DEMAND

As a Member, you will receive FREE Premium Access to our Train: On Demand App

- + Workout anytime, anywhere
- + A new workout daily
- + Meal plans and recipes
- + Access to resources from our team of experts



OUR PLEDGE

We will do everything we possibly can to get you the best results of your life!

All we ask is that you turn up, work hard and make the most of what we have on offer.

Everything you have seen is included in your membership, which is less per week than a single session with a Personal Trainer.

