

# THE FIGHTERS MANUAL

KNOCKOUT by nasira



**“Over the span of centuries, animals evolve to survive their surroundings, so what happens when women finally learn to throwback?”**

**This. This. This.”**

Congratulations, you have taken the first step to becoming the best version of yourself. In doing so, you are already halfway to becoming the tough, strong, confident women you were born to be.

Kickboxing is a form of physical wellness developed from a number of ancient martial arts. It combines the discipline of martial arts with the aggression of self-defense to create an art of physical wellness that has proven to be effective in both self-defense and physical well-being. Kickboxing workouts are high intensity, action packed routines that target body fat, tone muscle and increase posture and strength. However, the benefits of kickboxing go so far beyond weight loss. As a form of physical workout, kickboxing has been proven to achieve excellent results in building confidence, achieving overall mental and emotional strength and developing self-defense skills.

Feeling daunted? No stress, I have got your back. I will be there through every step of your journey, ensuring that your transition into the new you will be as enjoyable as possible. And just to make things a little easier, I've compiled this handy little Fighter's Manual, to help you reach optimal results on your wellness journey.

Remember, the road might be tough, but believe me lady, you are tougher.

**“The only person who can tell you you can't is you, and you don't have to listen”**

## About your trainer

To give you a brief background, I started training in this sport at a time in my life when I found myself in a very bad space, mentally, emotionally and physically. Over time, I came to love the sport and the amazing effect it had on my body, mind and spirit. I fought provincially for my fight team for 3 years before I decided that the magic of this sport was too great not to share.

As a woman, my goal is to empower other women, to encourage other women to feel the same confidence this sport has made me feel and to experience the wonders that this sport can do for their bodies and overall mental wellness.



**Knockout by Nasira** is a series of cardio kickboxing workouts I developed after years of training and research. These routines have been tried and tested and then tried again, to ensure that every workout is developed to target specific areas of the body, build core muscles and reduce overall body fat. Whether you are looking to lose weight, tone up, learn self-defense, or improve your mental health, kickboxing will help you achieve that and so much more. Deciding to start a new exercise regime can be quite intimidating and I'm sure you have tons of questions. But before you start hyperventilating, have a read at the FAQs I have put together for you. And remember, if you have any other questions, you are free to contact me

**“As a woman, my goal is to empower other women, to encourage other women to feel the same confidence this sport has made me feel and to experience the wonders that this sport can do for their bodies and overall mental wellness.”**

## How do classes work?

Each class will comprise of approximately 50 minutes of training time. Routines are a combination of high intensity and low impact workouts, each designed to specifically target certain core muscle groups such as arms, legs, glutes and core. A standard class will look like this – a brief warm up routine to open the muscles and prepare your mind for the session. An upper body workout, targeting arms, shoulders, chest and core. A lower body workout, targeting legs, glutes and lower abs. Combat training including basic self-defense and bag work. Core series, low intensity workouts targeting the entire core. Reaction drills, developing faster reaction times, quicker reflexes and stronger hits.

## What will I need to join the classes?

All you will need is a yoga mat, a pair of gloves and your killer attitude, and you're good to go. For more information regarding equipment, please contact me and I will be sure to assist.

## Are the classes strictly female?

The gym is open to women only, so you are welcome to dress as you please, and act as crazy, wild or angry as you want. In fact, as your coach, I will always encourage you to train with your emotions, no matter what those emotions are. I can assure you that whatever happens at the gym, stays at the gym. All vibes are welcome at the gym. Whether you are angry, sad, frustrated, happy, anxious or anything else, the gym is your sanctuary. This is the place you come to, which is just for you, where you trade your feelings for boxing gloves. There will never be a time where any pictures of sessions will be posted on social media or shared with the public. The gym is our secret retreat, where we create a sisterhood of women who are stronger together, who support one another and help each other stand back up and fight back when life pushes us into corners.

## What if I have no prior fitness experience?

Not a problem at all. Each routine is developed to accommodate people of all fitness levels. Most routines also have modified versions which are easier for beginners. As we go through them, I will show you both the beginner modified and intermediate versions, and you can choose which one suits your fitness level. As with any training regime, it takes time to finally grasp proper form and technique, but with regular training, you will most certainly get there sooner than you think. Afterall, we are warriors by blood. It's just about reminding your body of what it is capable. The rest is easy as pie (but please try and stay away from pie if your main aim is weight loss.)

**“Kickboxing does not make women strong. Women are already strong, kickboxing just helps women realize that strength”**



**All you will need is a yoga mat, a pair of gloves and your killer attitude, and you're good to go.**

### **Are there any age limitations?**

No freaking way. Women of all ages and sizes are welcome at the gym. No matter how old or young you are, this workout is fit for you. Specific classes for older women will be arranged depending on interest.

### **When are the classes?**

Classes available are as follows:

Mondays to Saturdays, please refer to the schedule attached.

### **What is the cost?**

The monthly cost applicable is R 399 per month for a maximum of four sessions per week. You are welcome to choose any four sessions that suit your schedule.

Individual and private group classes are available upon prior booking at a cost of R 100 per class. Please contact me if you are interested in this option.

### **Where will the classes take place?**

The classes will take place at my home gym situated at 64 Meadway, Kelvin. The gym is fully equip with heavy bags for training and is situated in a confined, private space which is completely suitable for the workouts.

### **Are the classes safe for pregnant women?**

Due to high intensity levels of this class, I do not recommend that pregnant women take the classes at all. But don't worry momma, hit me up when you've popped out that little bundle of joy and we can get you in tip-top shape in absolutely no time!

### **How soon before I see results?**

As with any exercise program, results depend on consistency, effort and body type. Each women is different, each body composition is different too. That means that there cannot be a standard amount of time that applies to every single person. And any diets or regimes that promise you results in a specific amounts of time, are most likely not being completely honest. However, with consistent training and a healthy eating plan, results can come through faster than you think. It is however, extremely important that you track your results and measure your gains. In fact, I highly encourage that you do a weight check and take measurements once every two weeks to keep records of your results.

### **Can I try out a few classes before deciding to sign up?**



**All *ViBeS* are welcome at the gym. Whether you are angry, sad, frustrated, happy, anxious or anything else, the gym is your sanctuary.**

**This is the place you come to, which is just for you, where you trade your feelings for boxing gloves**



Ofcourse you can. You are welcome to attend 1 free session at any time before you commit to the classes. Come to the classes and try it out and decide whether you think it's the right workout for your body, mind and spirit.

**“To be a woman is to be warbound, knowing all the odds are stacked against you... and never giving up in spite of it.”**

# BENEFITS OF BOXING

- 
- ✓ FAT BURNING
  - ✓ INCREASED MUSCLE TONE
  - ✓ BUILDS STRONG BONES & LIGAMENTS
  - ✓ INCREASED CARDIOVASCULAR FITNESS
  - ✓ IMPROVED MUSCULAR ENDURANCE
  - ✓ IMPROVED CORE STABILITY
  - ✓ IMPROVED STRENGTH AND POWER
  - ✓ STRESS RELIEF
  - ✓ IMPROVED CO-ORDINATION AND BODY AWARENESS
  - ✓ IMPROVED CONFIDENCE AND SELF-ESTEEM

## MY TOP TIPS

In order to achieve the maximum benefit from these classes, it is beneficial for you to begin a healthy eating plan. A healthy eating plan is vital to your wellness journey because the food we eat affects us on a daily basis. Diets are no fun, I know. But the junk you eat today, becomes your body tomorrow and there is no rule that says you can't eat anything fun at all. On the contrary, clean eating can be a lot of fun. As long as you keep it simple, stick to your proteins, limit your carb intake and **HYDRATE, HYDRATE, HYDRATE.**

**Afterall, us warrior women have to have each other's backs, don't we?**



And just to help you along a little more, I have attached my personal clean-eating plan. Remember, this plan is merely a guideline and can be adjusted to fit your preference. If you are not ready to give up the chocolates yet, that's fine too. Victory is a process, so we can start slow. Cut out sodas, limit sugar intake and bread, include more greens in your meals and did I say it before? **HYDRATE, HYDRATE, HYDRATE!**

### *Top tips for clean eating*

- Limit or cut out all sugars, sodas and bread. If a burger is on your menu for the night, opt for a bunless option and fill up on the protein and salad
- Drink at least 8 glasses of water a day, on minimum. Especially if you're working out consistently, your body needs to replace all the water it is losing through sweat. Plus more water means healthier skin, and we all love some glowy, dewy skin don't we?
- Have a cup of black coffee first thing in the morning, I usually take mine with no sugar and gulp it down just

before my morning workout. The caffeine acts as a great pre-workout to kickstart your body into action. You can also try a pre-workout to add that extra kick to your energy levels, but be careful because these are jammed with caffeine and can have adverse effects on your body and mind.

- Make sure you're getting in enough greens in a day. Add a salad to your meal atleast once a day. I know this one can be tough but I've found a quick fix – if you can't eat your greens, drink them instead. Look out for my awesome green juice recipe a few spaces down.
- Stop eating by atleast 8pm every night. Give your body enough time to digest the food you've consumed all day long. Plus, if you stop eating by 8pm and your next meal is say 8am the next morning, you've basically fasted for 12 hours. Intermittent fasting is great for your body and metabolism. If practiced correctly, you can speed up your body goals faster by doing it regularly.
- Get enough protein in your body. And once again, if you can't eat your proteins all the time, try drinking them instead. Get yourself a whey protein powder, I but mines from Dischem, and take one scoop a day, after your workout. Stay tuned for my power protein mix recipe coming up soon.
- Ensure that you are taking the correct supplements to enhance your physical wellbeing. First things first, throw away all those diet tablets that promise quick results but are actually harming your body instead. Invest in some all natural dietary supplements which are unlikely to have any negative side effects and will help you on your fitness journey. I personally love the Aafiyah Healthcare range, which combines coconut oil with various other plant based oils, to assist your body in obtaining optimal nutrition. Please hit me up if you want more info on this, I am happy to share my secrets with you, afterall, us warrior women have to have each other's backs, don't we?

## Recipes

### Green Juice

- One handful baby spinach leaves
- One handful kale leaves
- Three or four slices of cucumber
- One small green apple
- One freshly squeezed lemon
- About a centimeter of ginger

Chop all ingredients and toss into a blender with some water, or coconut water if you're feeling fancy. Blend until you reach a smooth consistency. Add more water if necessary. Make sure you're getting in atleast one tall glass a day. It is not

**A healthy eating plan is vital to your wellness journey because the food we eat affects us on a daily basis.**



recommended to keep the juice for too long in the fridge as fresh juice contains no preservatives and can go bad very quickly

### **Power Protein Shake**

- One scoop of protein powder (I use a plant based one from KUAL, but you can use any that you like)
- One tablespoon peanut butter
- One small banana
- 1 cup unsweetened almond milk
- Honey to sweeten

Toss into a blender and blend until smooth. Enjoy your shake post-workout and try to have one every day, whether you workout or not.



Well, now that we've got you up to scratch, it's time to hit those bags. Remember, if you have any questions, please feel free to contact me at any time and I will be sure to assist.

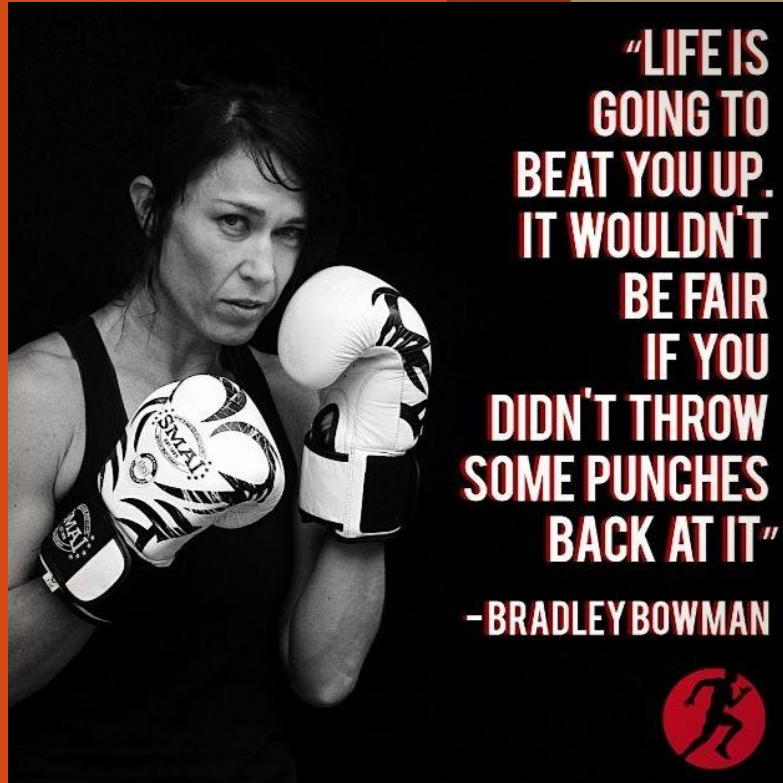
Just one more thing, remember that kickboxing does not make you strong. You are already strong, kickboxing will just help you realize your own strength.

With that said, are we ready ladies?

Ready.

Get Set.

Let's go.



Nasira Bhamjee | 076 686 1687 | [nasirabhamjee1@gmail.com](mailto:nasirabhamjee1@gmail.com)