

February 18, 2015

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**FOR IMMEDIATE RELEASE**

**New “Train Like A Pro” Boxing Challenge at the SRC**

**Will Take Your Workout to a Whole New Level**

Northridge — The Student Recreation Center (SRC) invites all members interested in learning the fundamentals of boxing to participate in its first offering of the “Train Like a Pro” Boxing Challenge, powered by the new Boxing Training Program (BTP). Starting Monday, Feb. 22, members can enhance their fitness workouts by taking part in this six-week challenge running from Monday, Feb. 29 to Sunday, Apr. 10 in the SRC Determination Studio. Participants will increase their knowledge of boxing and become eligible to win awesome raffle prizes.

“We are excited to offer the ‘Train Like a Pro’ Boxing Challenge to all SRC members,” said Peter Christianson, Fitness and Wellness Boxing Supervisor at the SRC, “Participants will enjoy the dual benefit of learning proper boxing techniques while bringing an exciting new dimension to their fitness routines.”

The program will offer two 3-week blocks that consist of two skill challenges each. The first block will run from Feb. 29 to March 20 and the second will run from March 21 to April 10. In the first block, take the “Speed Bag Challenge” to determine how long you can hit the speed bag before missing, or see how many dips and squats you can achieve in 1 minute or before failure, using a traditional boxing stance by taking the “Dip Line

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Challenge”. In the second block, see how many rotations/jumps you can achieve in 1 minute or before failure by taking the “Jump Rope Challenge” or take the “Heavy Bag Challenge” and hit/punch the 150 pound bag using a traditional boxing stance, as many times as you can in 1 minute or before failure. Participants can attempt each skill challenge one time per day for a maximum of two skill challenges per day.

To be eligible for the “Train Like a Pro” raffle, participants must attempt at least one skill challenge during the program to be eligible for the chance to win awesome boxing gear. The top 10 participants from block one and two will automatically be entered into the grand prize raffle and the top 3 participants from each skill challenge will receive the Boxing Training Program Swag Pack.

Interested “Train Like a Pro” participants can sign up for the challenge either at the Determination Studio during listed boxing training hours or online at [www.csun.edu/src/open-recreation/open-rec-boxing](http://www.csun.edu/src/open-recreation/open-rec-boxing). First time participants to the Boxing Training Program are required to attend a 55-minutes orientation with a Boxing Fitness Assistant within the Determination Studio.

Sign up today for the “Train Like a Pro” Boxing Challenge, it’s a great new way to take your workout to the next level. For more information please visit [www.csun.edu/src](http://www.csun.edu/src) or call the SRC at (818) 677-5434.

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*