COUNTERPUNCH BOXING PROGRAM

This dynamic 6-week program is designed for those who already have a thirst for boxing and are looking to improve their coordination, footwork, technical work, aerobic conditioning and boxing knowledge.

Participants can expect:
- Two face-to-face sessions
- Padding and boxing technique
- Footwork and aerobic drills
- Pair and group boxing drills
- Knowledge of boxing terminology and technique

Date/Duration: Monday 16th September – Thursday 24th October 2019 (6-weeks)
Location: Health Club, Macquarie University Sport and Aquatic Centre
Time: 6:30am – 7:30am
Days: Mondays and Thursdays
Cost: MQ Gym Member (returning from previous Counterpunch program):
  $150.00
  MQ Gym Member: $165.00
How to Book: At the front desk of the centre or Health Club information desk

Click through to the CounterPunch Boxing Program information page to learn more.
TONE IT UP PROGRAM
This 4-week structured resistance-training program is designed to take clients through the fundamentals of obtaining a lean and sculpted physique. The sessions will run in a semi-private manner, with individualised exercise prescription provided for each person and partner/small groups of members being paired based on ability and exercise history. Online programs will be updated regularly throughout the month and include suitable options for beginners, intermediate or advanced levels. Tone it Up is the perfect program for educating members on the benefits of a structured training program as well as providing short term motivation.

Participants can expect the following:
- Face to face technique and cues
- Machine and free weight exercises
- A structured soft copy program (live Google Document – updated weekly)
- Program updates based on individual progression
- Invite into a private Facebook group where updates, cues, tips and tricks are shared weekly

Date/Duration: Tuesday 8th October – Thursday 31st October 2019 (4-weeks)
Location: Health Club, Macquarie University Sport and Aquatic Centre
Time: 6:30am – 7:30am
Days: Tuesdays and Thursdays
Cost:
- MQ Student Gym Member: $139.00
- MQ Staff Gym Member: $165.00
- MQ Member (Not student or staff): $179.00
- Non-Gym Member: $257.00

How to Book: At the front desk of the centre or Health Club information desk

Click through to the Tone It Up Program information page to learn more.
STRENGTHCON PROGRAM

StrengthCon is here to take your training to a new level of intensity. Combining raw strength training with metabolic conditioning, StrengthCon will push your limits through big compound movements, high reps, and high intensity.

We aim to increase strength through the main compound lifts whilst marrying it to high intensity workouts to increase your functional threshold. StrengthCon participants can expect full body compound movements like Olympic and Powerlifting as well as functional and object specific lifts.

This five-week program will push you through both aerobic and anaerobic limits. You’ll be worked through heavy lifts one session and a Workout of the Day the next. The workouts will be varied but every session will continue to push you right to your working limit.

This program is not for beginners and an understanding of squatting, deadlifting and bench press would be considered minimum requirements, as well as the following strength standards:

- Overhead Press 6 reps @50% body weight
- Back Squat 6 reps @50% body weight
- Complete 15 push ups in one unbroken set

Date/Duration: Monday 21st October – Friday 22nd November 2019 (5-weeks). Bookings will be available from the week of 16th September 2019.

Location: Health Club, Macquarie University Sport and Aquatic Centre

Time: 6:30pm – 7:30pm

Days: Mondays and Fridays

Cost:
- MQ Student Gym Member: $170.00
- MQ Staff/Alumni Gym Member: $185.00
- MQ Community/General Member: $200.00

How to Book: At the front desk of the centre or Health Club information desk

To learn more about StrengthCon, click through to the following page.
**SEPTEMBER MEMBER CHALLENGE – BURPEE CHALLENGE**

The member monthly challenge this August is the Burpee Challenge. Keen to take on the challenge? Here’s how you join:

**How to join the member monthly challenge:**

1) Challenge to be conducted in Small Group Training indoor area.
2) Trainer to Set up REEBOK Bar with 5kg Orange Plates
3) Member must start with their chest to the floor on one side of bar, jumping from BOTH feet over the bar into a burpee on the other side.
4) Complete 10 x burpees (5 x either side) as fast as possible!
5) Trainer must be present to time and record the score.

The member monthly challenge runs from Sunday 1st September – Monday 30th September 2019

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