

KNOCKOUT PARKINSON'S

Benefits of Boxing for Clients with PD

COURSE OBJECTIVES

1. BECOME FAMILIAR WITH PARKINSON'S DISEASE
2. LEARN ABOUT THE BENEFITS OF BOXING FOR PEOPLE WTH PD
3. CREATE BOXING TEMPLATE FOR A CLASS

What is Parkinson's Disease?

- A chronic neurological condition caused by the destruction of specific nerve cells that are responsible for producing dopamine.
- Dopamine is essential for regulating movement and coordination
- A deficiency in dopamine and the cells that produce dopamine result in stiffness, tremors , slowness and loss of motor skills

What causes low dopamine levels

- GENETIC—certain gene mutations can contribute to neuron degeneration
- HEAD TRAUMA— to the head or brain can cause damage to these cells
- AGE— aging process
- ENVIRONMENTAL—exposure to environmental toxins can trigger the disease and damage these brain cells
- MEDICATIONS

STAGES OF PD

- **STAGE 1.** ONE WILL HAVE MILD SYMPTOMS
- **STAGE 2.** SYMPTOMS SUCH AS TREMORS OR STIFFNESS BEGIN TO WORSEN AND AFFECT BOTH SIDES OF THE BODY, TROUBLE WALKING
- **STAGE 3.** MOVEMENT WILL BEGING TO SLOW DOWN, LOSE BALANCE. DAILY ACTIVITIES SUCH AS GETTING DRESSED AND COOKING CAN BECOME MORE DIFFICULT
- **STAGE 4.** SYMPTOMS ARE SEVERE AND CAUSE SIGNIFICANT ISSUES FOR DAY TO DAY LIVING. AT THIS POINT A PERSON IS UNABLE TO LIVE ALONE AND WILL NEED ASSISTANCE
- **STAGE 5.** WALKING OR STANDING COULD BE IMPOSSIBLE. PERSON IS USUALLY CONFINED TO. WHEELCHAIR AND BED ANDS NEEDS A NURSE.

HOW TO TREAT PARKINSONS

WITH THE RIGHT TREATMENTS A PERSON CAN SLOW DOWN THE PROGRESSION OF THE DISEASE.
PARKINSON'S IS NOT CURABLE BUT IS ABSOLUTELY TREATABLE.

1. LIFESTYLE CHANGES_SUCH AS:
2. GOOD FOOD CHOICES NOURISHES THE BRAIN
3. ACUPUNCTURE -HELPS STIMULATE NERVOUS SYSTEM
4. STRESS MANAGEMENT: YOGA, TAI CHI FOR BALANCE, MOOD, GAIT
5. REGULAR EXERCISE-NON-COMBATIVE BOXING

Importance of Exercise

EXERCISE CAN HELP MANAGE MANY SYMPTOMS OF PD AND CAN HELP PARTICIPANT REGAIN CONTROL OF THEIR LIFE. ACCORDING TO THE PARKINSON'S FOUNDATION .ORG, MANY PEOPLE HAVE BEEN FLOCKING TO BOXING WORKOUTS. TODAY WE ARE GOING TO TALK ABOUT WHY BOXING IS SO BENEFICIAL FOR A CLIENT WITH PARKINSON'S.

Why Boxing?

Non-combat boxing program combines aerobic exercise, balance, agility, and coordination

Stimulates the nervous system

Vigorous, fast punching boosts dopamine signaling

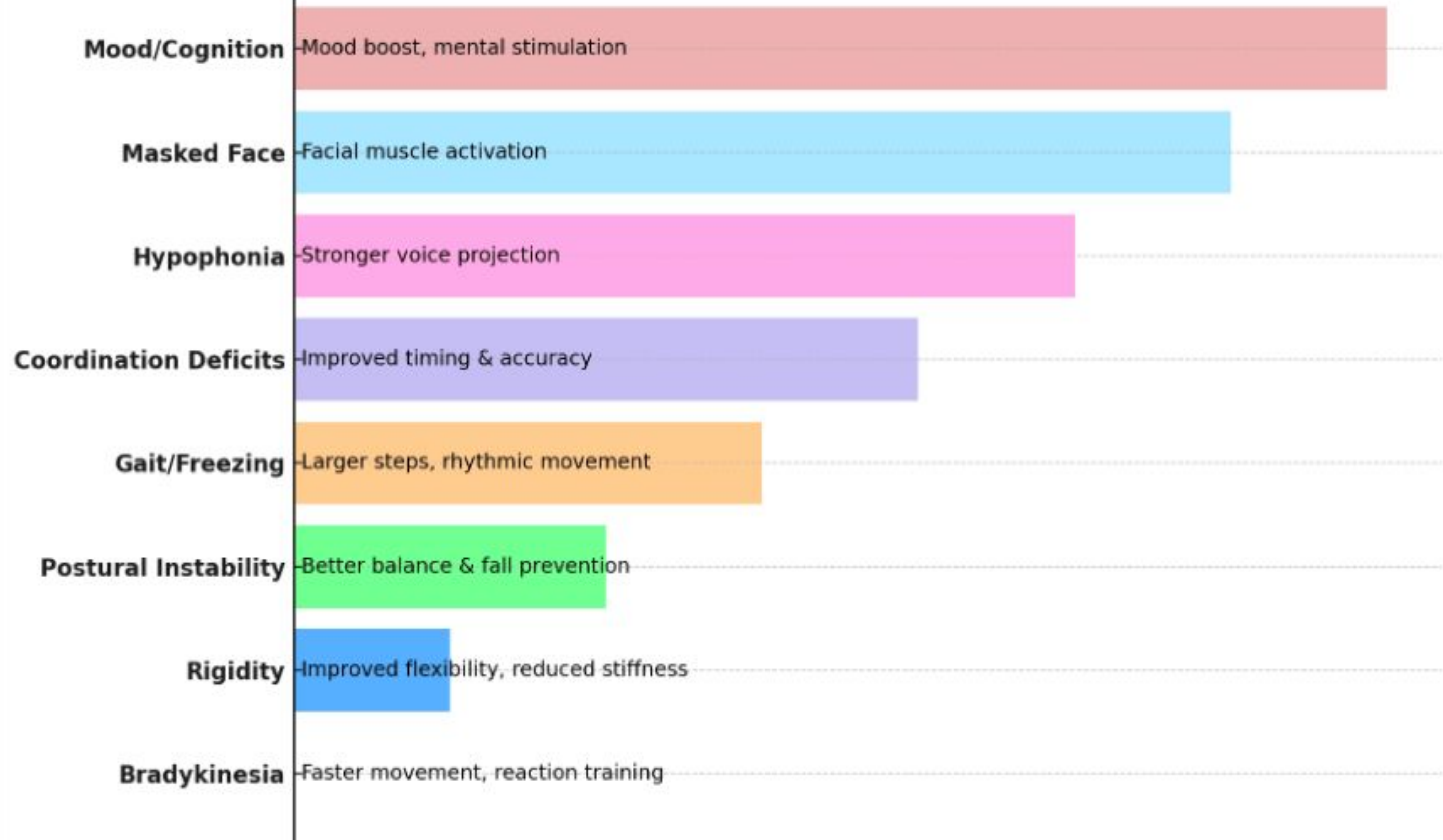
IT'S FUN!

BENEFITS OF BOXING

NON COMBATIVE. HITTING BAGS BUT NOT EACHOTHER

- IMPROVED MOTOR SKILLS
- BALANCE
- COGNITIVE FUNCTION
- ENHANCE MOOD
- SOCIAL CONNECTIONS

Parkinson's Symptoms & How Boxing Helps



Parkinson's Symptom	Why It Happens	Boxing Drill(s)	How It Helps
Bradykinesia (slowness of movement)	Reduced dopamine slows motor signal transmission	Speed bag, rapid jab-cross intervals	Encourages quick, repetitive movements; retrains brain to initiate motion faster
Rigidity (muscle stiffness)	Imbalance in muscle activation keeps muscles contracted	Shadowboxing with large arm swings, hook/uppercut combos	Promotes fluid movement, stretches muscles dynamically
Postural instability & balance issues	Impaired balance reflexes and trunk control	Ladder footwork, forward/back/side shuffles	Trains weight shift, stability, and quick postural adjustments
Gait problems & freezing	Disrupted movement sequencing in the brain	Forward-backward combos, step-and-punch drills	Encourages larger, rhythmic steps; helps overcome "freezing" episodes
Coordination & hand-eye deficits	Slowed sensory-motor integration	Double-end bag, focus mitt combos	Improves timing, accuracy, and reaction speed
Hypophonia (soft speech)	Weak vocal cord control and reduced breath power	Punch + loud count (1-2-3), "call the combo" drills	Strengthens vocal projection and breathing coordination

Knockout Parkinson's 60min Format

Warm-ups 10-20minutes

**PLEASE NOTE: HIGHLY RECOMMEND PHYSICAL THERAPIST And
CERTIFIED BOXERS TO LEAD THESE CLASSES.**

WARM UP 1

BASED ON LEVEL
BREATHING , HUMMING , JOINT MOBILITY

WARM UP 2

10 EXERCISES 30 SECONDS EACH EXERCISE TWICE

ADD LIGHT DUMBELLS, BALANCE, MOBILITY, SHADOW BOXING

Boxing Section

15-20 minutes

BOXING SECTION

CIRCUIT ON THE HEAVY BAGS. SPEED BAGS. STANDING BAGS ETC

BUILD IT AROUND THE EQUIPMENT YOU HAVE

10 ROUNDS 90 SECONDS WITH A 30 SECOND TRANSITION

BOXING COMBOS ON THE BAG INCLUDE ALL PUNCHES, SLIPS, DUCKS WEAVES, FOOT WORK. ADD
DIFFERENT SPEEDS TO COMBOS TO EXCITE THE NERVOUS SYSTEM

ALL CLIENTS CALL OUT THEIR COMBOS. (FOR MEMORY AND TO EXERCISE VOCAL CORDS)

Strength and Stretch

20 minutes

STRENGTH SECTION

POSTURAL EXERCISES, HEAVIER DUMBELLS

ADD IN WHATEVER MUSCLES YOU DID NOT WORK YET.

STRETCH SECTION

STANDING AND CHAIR STRETCHES

BREATHING MEDITATIONS TAI CHI

BASIC BREATHING, MANTRA, TAI CHI MOVES

Things to Consider

ALONG WITH THE LEAD INSTRUCTOR TEACHING THIS CLASS THERE SHOULD BE MANY ASSISTANTS. SOME OF THESE CLIENTS MAY NEED ONE ON ONE ASSISTANCE FOR BALANCE. AND GUIDANCE

- QUEING IS CONSTANT.
- THESE CLASSES CAN BENEFIT ANY LEVEL OF PARKINSONS.
- MUSIC SELECTION- PLAY MUSIC THAT THEY CAN SING ALONG
- CRUCIAL TO HAVE SPECIFIED EXPERIENCE AND QUALIFIED INSTRUCTORS TEACHING THESE CLASSES
- HAVE FUN!!

NEXT STEPS AFTER TODAY

Find a local boxing gym or check if your area offers specialty boxing classes for Parkinson's. Ask if you can observe or shadow a class

Look for Rock Steady Boxing — these programs are designed specifically for people with Parkinson's.

Take the time to learn the skills — this could be a fulfilling, long-term opportunity.

Contact www.iscafit.com– Get certified in boxing

THERESA ALINI

UNLEASH'D FITNESS

WWW.ISCAFIT.COM

ROCKYSTEADYBOXING.ORG

PARKINSONSDISEASE.ORG

WWW.UNLEASHDFIT.COM

THERESA@UNLEASHDFIT.COM