

HIT HARD FITBOXING

YOUR BOXING STARTER KIT

Everything you need to know before
your first class.



No experience needed. Just show up ready.

WHAT TO EXPECT

YOUR FIRST CLASS AT HIT HARD FITBOXING

1

WALK IN CONFIDENT

You'll walk into a gym full of heavy bags, great music, and people of ALL levels — from first-timers to experienced boxers.

2

COACHED EVERY STEP

Your coach will welcome you, show you the basics, and guide you through every round.

3

60 MINUTES OF FIRE

Classes are 60 minutes of boxing combos, cardio stations, and core work.

4

SERIOUS CALORIE BURN

You'll burn 500–800 calories. You'll feel challenged but never lost.

5

ZERO JUDGMENT

No one is watching you — everyone is focused on their own workout.

6

ANYONE CAN DO THIS

Bottom line: if you can throw a punch, you can do this.

PRO TIP: Arrive 10 minutes early so your coach can show you the basic stance and how to wrap your hands.

THE 6 PUNCHES

EVERY COMBO STARTS WITH THESE

1

JAB

Your lead hand, straight and fast. Sets up everything.

2

CROSS

Power punch from your back hand. Rotate those hips.

3

LEAD HOOK

Short, explosive punch to the side. A game-changer.

4

REAR HOOK

Same as the lead hook, but from your back hand.

5

LEAD UPPERCUT

Drive up from low. Perfect for close range.

6

REAR UPPERCUT

The knockout punch. Power from the ground up.

Don't worry about memorizing these — your coach calls out every punch by number. Just listen and swing!

COME PREPARED

WHAT TO WEAR, BRING & EAT



WEAR

Athletic shoes
(cross-trainers are best)

Comfortable workout
clothes

Hair tied back



BRING

Water bottle
(you'll need it)

Small towel

Good energy and
an open mind

We provide gloves
and wraps for your
first class



EAT

1-2 hours before:

Banana + peanut butter

Oatmeal

Toast with eggs

Avoid heavy or
greasy food

Stay hydrated
throughout the day

REMEMBER: YOUR FIRST CLASS IS FREE.

Just show up. We take care of the rest.

3 PROGRAMS. UNLIMITED RESULTS.

TRY ALL THREE — MOST MEMBERS DO

BURN ROUND

60 MIN

10 stations + boxing rounds + core. Maximum calorie burn. The signature Hit Hard experience.

ROUNDS WITH COACH

60 MIN

Mitts, partner drills, real technique. Your coach is in your corner every round.

BUILT TO FIGHT

45-60 MIN

Strength + boxing. Build power, build muscle, build a fighter's body.

*Each program hits different. Try all three to find your rhythm —
or do them all every week like most of our members.*

**READY?
YOUR FIRST CLASS IS FREE.**

Book now at hithardfitboxing.com

Show up and walk out with FREE boxing gloves!

30420 FM2978 #170, The Woodlands, TX | (346) 220-2268

@hithardfitboxing