

BRITISH VINTAGE BOXING

BVB Champions

We caught up with Jerry 46yrs from London, a music producer, avid boxing and fitness enthusiast. We wanted to delve into Jerry's daily routine and shed some light on how everyday champions manage their fitness goals.

BVB: Hi Jerry, you're in great condition, how long have you been training?

JERRY: Seriously now for around 15 years...

BVB: How many times a week do you train and for how long? What is your goal and how do you approach it? E.g. you appear to combine strength and conditioning with boxing etc.?

JERRY: Well, I'd stay in the gym all day if I didn't have to work! But currently I train 5 times a week-which consists of 3/4 weights days and a day doing pads and boxing work and a conditioning day but they sometimes also merge! I like to take elements from all types of fitness training and combine them to suit so, in my training there are bits of Crossfit, Bodybuilding, Calisthenics/Plyometrics, Cardio/Hiit and Boxing. I find it's the best way for me personally to keep training interesting but also to keep the body guessing!

BVB: Do you follow a particular diet? And what's your favourite cheat meal?

JERRY: I tend to eat as healthily as possible (80% of the time anyway ;-)) – at the moment I'm a Pescatarian -so all types of fish with broccoli/green beans/spinach and either rice sweet potato or white potatoes. My weakness is dark chocolate-can't be good all the time right?!

When I was still eating chicken my favourite cheat meal was either a cheeky Nandos or a Caribbean-jerk chicken with plantain and rice and peas

BVB: Tell us about your boxing, when did you start and what do you get out of it?

JERRY: I started about 10 years ago on-and-off and wish I could do more and also wish I'd started younger. Growing up it was always my favourite sport to watch-back in the days when it was on regular TV all the time! For me it's not only the best form of fitness-it covers all the bases-explosive, endurance, aerobic and anaerobic but it's also a great stress reliever

BVB: Who's your favourite British boxer past or present? On a global stage, whom do you rate as the greatest of all time?

JERRY: Favourite British boxer is a hard question!! There are so many to choose from-Calzaghe, Hatton, Bruno, Cooper, Benn, Eubank Sr, McGuigan, Lewis, McKenzie etc.

Well, I always love a puncher so I'm going to say either Benn or Hatton-heart on the sleeve fighters. On the global stage it's a bit easier - favourite boxer

would be Mike Tyson but the greatest of all time for not only ring achievements but things he did outside the sport would have to be Ali.

BVB: You're sporting a BVB T-shirt, what resonates with you about the brand and how would you describe your fashion style?

JERRY: My fashion style is I would say classic (think James Bond, Steve McQueen, Paul Newman etc.) classic tailoring and classic cuts that never go out of fashion - I feel that BVB fits that mould perfectly-really good quality that fits great with an eye on details-from the stitching to the labels to the print.

BVB: Do you have a favourite workout you could share with our readers?

JERRY: I'll give you one of my conditioning sessions...

JERRY'S CONDITIONING WORKOUT

So...to get the blood pumping and the heart rate up I'll start with a Tabata incline interval sprint...Put the treadmill on full incline and speed on 10+ and do 8 sets of 20secs on 10secs rest-the key is to take very quick small steps!

Following that I'm doing 80 non-stop knuckle push-ups in about 50 seconds-the world record is 107 in a minute so that's my goal!

Rowing Challenge 3-5 rounds

Row 500m
5 Pull-ups
10 Push-ups
15 Squats
20 Mountain Climbers

400 Rep Challenge

50 Push Ups
50 Jumps Squats
50 Reverse Rows
50 Bench Hops
50 Dumbbell Shoulder Press
50 Dumbbell Front Squats
50 Renegade Row
50 Push Ups

Then (depending on how busy the gym is) I'll do Tabata circuits of Battle Ropes, Box Jumps, Kettlebell Swings, Jumping Lunges and Burpees.

I always like to chuck in a few pull-up variations including Muscle-Ups and Dead Hangs then usually an 8 min continuous Abs circuit working all the angles.

I'll finish with a cool-down 1 mile run.

Well....you asked!