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Portland Boxing Club's May 2020 Newsletter - Volume 5 Issue 5

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# PORTLAND BOXING CLUB

28 YEARS

PORTLAND, MAINE

1992 ★ MAKING CHAMPIONS & GOOD CITIZENS FOR 28 YEARS ★ 2020



## Virtual Drop-In Class

“Virtual” drop-in classes were hosted by three time national Golden Gloves champion Liz Leddy during the gym closure. In these classes, Leddy covered boxing basics that you can work on from home until the gym is able to reopen. The videos are available on Portland Boxing Club's Facebook Page at these links:

- [Saturday, March 21, 2020](#)

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- [Saturday, April 11, 2020](#)
- [Saturday, April 18, 2020](#)
- [Saturday, April 25, 2020](#)



*Photo courtesy Portland Boxing Club member Nick Miles.*

## My First Real Pair of Boxing Shoes

I would train in my regular shoes in the beginning at Portland Boxing Club and my regular shoes were falling apart as well as my ankles hurting after every practice.

I'll never forget one day after training Coach Ivan told me to wait, he went out back, came out with these, and handed them to me. They were slightly used but I didn't care it was a big deal to me and I was beyond appreciative that he saw potential in me. He helped me inside and out of the ring in many ways.

As you can tell I wore these things to the ground they have no traction on the bottom anymore, and I literally burnt holes through the soles of the shoe.

It's these things in martial arts that I remember and appreciate forever. Thank you to all who have helped me along the way so far, you know exactly who you

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This was posted on [Instagram](#) by Portland Boxing Club member Nick Miles.

# USA BOXING DAILY WORKOUT

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>		
<b>WARM-UP</b>	JOG IN PLACE :60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS	JOG IN PLACE :60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS	JOG IN PLACE :60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS		
<b>WORKOUT</b>	PUSHUPS X15 MOUNTAIN CLIMBERS X20 EA ALTERNATING LUNGES X10 EA JUMP ROPE :60 SECONDS BODY WEIGHTS SQUATS X20 TOE TOUCHES X50 3 ROUNDS-:60 SECOND REST	PUSHUP HOLD AT TOP X:30 PUSHUP HOLD AT BOTTOM X:30 WALL SIT X:30 SPLIT LUNGE HOLD LEFT X:30 SPLIT LUNGE HOLD RIGHT X:30 SUPERMAN HOLD X:30 PLANK X:30 SIDE PLANK LEFT X:30 SIDE PLANK RIGHT X:30 3 ROUNDS-:60 SECOND REST	BODY WEIGHT SQUAT X 10 PUSHUP X 10 BODY WEIGHT SQUAT X 10 PUSHUP X 10 BODY WEIGHT SQUAT X 10 PUSHUP X 10 BODY WEIGHT SQUAT X 10 PUSHUP X 10 BODY WEIGHT SQUAT X 10 PUSHUP X 10 5 ROUNDS-2 MIN REST		
	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	
<b>WARM-UP</b>	JOG IN PLACE :60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS	JOG IN PLACE :60 JUMPING JACKS X 20 HIGH KNEES X20 2 ROUNDS	NONE	OFF	
<b>WORKOUT</b>	SQUAT JUMPS JUMP ROPE :60 FEET ELEVATED PUSHUP X10 SUPERMANS X 10 GLUTE BRIDGE X20 EA STAGGERED PUSHUP X 5 EA RUSSIAN TWIST X30 3 ROUNDS-:60 SECOND REST	BODY WEIGHT SQUAT 6 SECOND LOWER X10 PUSHUP 6 SECOND LOWER X10 SPLIT SQUAT X10 EA LATERAL LUNGE X10 EA JUMP ROPE 2 MINUTES JUMPING JACKS X20 SQUAT JUMPS X10 RUSSIAN TWIST X20 2 ROUNDS-:60 SECOND REST	WALK OR JOG OR HIKE OR BIKE 60+ MINUTES	OFF	

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## USA BOXING DAILY WORKOUT

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	
<b>WARM-UP</b>	JUMP ROPE   :60 SEC PLANK   :20 SEC PUSHUP X10 2 ROUNDS	JUMP ROPE   :60 SEC PLANK   :20 SEC PUSHUP X10 2 ROUNDS	JUMP ROPE   :60 SEC PLANK   :20 SEC PUSHUP X10 2 ROUNDS	
<b>WORKOUT</b>	BACK PACK PUSHUPS X15 V UPS X20 ALTERNATING LUNGE JUMPS X10 EA JUMP ROPE DOUBLE UNDERS   :60 SEC BACKPACK SQUATS X20 PLANK   :60 SEC 3 ROUNDS   :60 SECOND REST	BACKPACK PUSHUP HOLD AT TOP   :30 SEC BACKPACK PUSHUP HOLD AT BOTTOM   :30 SEC WALL SIT   :30 SEC BACKPACK SPLIT LUNGE HOLD LEFT   :30 SEC BACKPACK SPLIT LUNGE HOLD RIGHT   :30 SEC SUPERMAN HOLD   :30 SEC BACKPACK RUSSIAN TWIST X20 EA SIDE PLANK LEFT   :30 SEC SIDE PLANK RIGHT   :30 SEC 3 ROUNDS   :60 SECOND REST	BACKPACK SQUAT X10 BACKPACK BENT ROW X10 SQUAT JUMPS X10 PUSHUP X10 BACKPACK SQUAT X10 BACKPACK BENT ROW X10 SQUAT JUMPS X10 PUSHUP X10 BACKPACK SQUAT X10 BACKPACK BENT ROW X10 5 ROUNDS   2 MIN REST	
	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WARM-UP</b>	JUMP ROPE   :60 SEC PLANK   :20 SEC PUSHUP X10 2 ROUNDS	JUMP ROPE   :60 SEC PLANK   :20 SEC PUSHUP X10 2 ROUNDS	NONE	OFF
<b>WORKOUT</b>	BACKPACK SQUAT JUMPS X10 DOUBLE UNDER JUMP ROPE   :60 SEC FEET ELEVATED PUSHUP X10 ALTERNATING SUPERMANS X10 EA SINGLE LEG GLUTE BRIDGE X20 EA ELEVATED STAGGERED PUSHUP X 5 EA BACKPACK RUSSIAN TWIST X30 3 ROUNDS   :60 SECOND REST	BODY WEIGHT SQUAT 6 SECOND LOWER X10 BACKPACK PUSHUP 6 SECOND LOWER X10 BACKPACK SPLIT SQUAT X10 EA BACKPACK LATERAL LUNGE X10 EA DOUBLE UNDER JUMP ROPE   1 MINUTE JUMPING JACKS X20 SQUAT JUMPS X10 BACKPACK RUSSIAN TWIST X20 2 ROUNDS   :60 SECOND REST	WALK OR JOG OR HIKE OR BIKE 60+ MINUTES	OFF



### At-Home Strength and Conditioning Workout

Above are two weeks of daily strength and conditioning workouts that can be completed at home. These workouts were designed by USA Boxing's National Strength and Conditioning Coach Jose Polanco and can also be followed at the gym once we are able to reopen.

These workouts can be downloaded as PDF documents from USA Boxing at the following links:

- [Week 1 Strength and Conditioning Workout](#)
- [Week 2 Strength and Conditioning Workout](#)

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## Gym Closed Due to COVID-19

To help protect our members and to do our part to slow the spread of COVID-19, Portland Boxing Club closed on March 16. Following the guidance of state and local officials and USA Boxing, we will remain closed until June 1. We will reevaluate when it gets closer to that date based on the guidance available at that time. This is the first time in Portland Boxing Club's 28 year history when we have had an unscheduled closure of more than one day.

Although the gym is closed, our online store remains open. In addition, we have switched our Saturday Drop In Class to being held virtually so that new and perspective members can continue to do basic training at home.

The Portland Boxing Club is a 501(c)(3) non-profit organization that does not receive any public funding. Although we are unable to be open, we still must pay rent, heat, electric and many other bills. For those who have not been financially impacted, we encourage you to continue paying your dues. For members with automatic payments, those will be deducted on your scheduled date. If you would like your automatic payment to be refunded until we are able to reopen, please email your request to [pbcboxing@maine.rr.com](mailto:pbcboxing@maine.rr.com).

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### Level 1 Workout

- Light Stretch
- Jump Rope – 2 Rounds
- Medium Stretch
- Leg Work
  - Bounce – 2 Rounds
  - Shuffle – 2 Rounds
  - Bounce and Squat – 2 Rounds
- Full Stretch
- Mirror Work
  - Stance, Squares and Basics – 2 Rounds
- Heavy Bag – 2 Rounds
- Line Work – 2 Rounds
- Double End Bag – 2 Rounds
- Bob and Weave Rope – 2 Rounds
- Cobra Bag – 2 Rounds
- Skip Rope – 2 Rounds
- Large Speed Bag – 2 Rounds
- Exercises
  - Situps – 4 Sets
  - Push Ups – 4 Sets
  - Neck Work – 4 Sets
- Stretch Out

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## At-Home Boxing Workout

Portland Boxing Club members have access to a variety of resources to keep in shape while the gym is closed. PBC member and three-time National Golden Gloves Champion Liz Leddy has offered a weekly virtual drop-in class that is available on Facebook and can be watched live on Saturdays at 2:00 pm or at

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The Portland Boxing Club Level 1 (Beginner) Boxing Workout is posted above and most exercises can be done at home. USA Boxing has provided daily at-home boxing workouts that can be downloaded from their website at the links below:

- [Monday](#)
- [Tuesday](#)
- [Wednesday](#)
- [Thursday](#)
- [Friday](#)
- [Saturday](#)

Portland Boxing Club members are encouraged to use these resources to stay active and be prepared to return to the ring once we are allowed to reopen.

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Portland Boxing Club assistant coach Don Drake.

### Volunteer of the Month - Pastor Don Drake

The volunteer for the month goes to Pastor Don Drake. I have known Don since our junior high school years when we both trained at the Arena Gym in Downtown Portland. Don was an excellent athlete and boxer and has been a great boxing fan over the years. Don is also a talented portrait artist and has been selling his artwork for the past 30 years. He holds a Bachelor of Fine Arts from Boston University in Boston, Massachusetts and a Master of Fine Arts from the American University in Washington, D.C. He painted the posthumous portrait of LL Bean for the Bean Company in Freeport (along with many other notables) and he has provided courtroom artwork for NBC, CBS, and ABC in Portland, in Boston, and for the Nightly News with Tom Brokaw. He was the Honorable Award Recipient at the 1981 Portrait Painter's Seminar in New York City. In addition to portraits, Don now paints Maine landscapes in oils and



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encourage all to check out his websites for the church and for his artwork!

In addition to the impressive list above, Don finds the time to volunteer a couple of days a week at the Portland Boxing Club as an assistant coach.

Thank you Pastor Don!

Bob Russo, President and Head Coach

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Thanks to Comedian Bob Marley for sporting a Portland Boxing Club hat for a second time and for giving us a shout out in one of his "Crona Watch 2020" daily videos. Watch the first video [here](#) and the second video [here](#).

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**FEATURING SPECIAL GUEST "IRISH" Micky Ward**

**@ COX BUSINESS CONVENTION CENTER**  
 100 CIVIC CENTER • TULSA, OK

RESCHEDULED FOR: **AUGUST 10TH-15TH 2020**

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**Upcoming Events**

**National Golden Gloves**

Kate Zehr and Liz Leddy will be representing New England in the 2020 National Golden Gloves Tournament of Champions in Tulsa, OK starting on August 10, 2020.

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## PBC On-Line Store

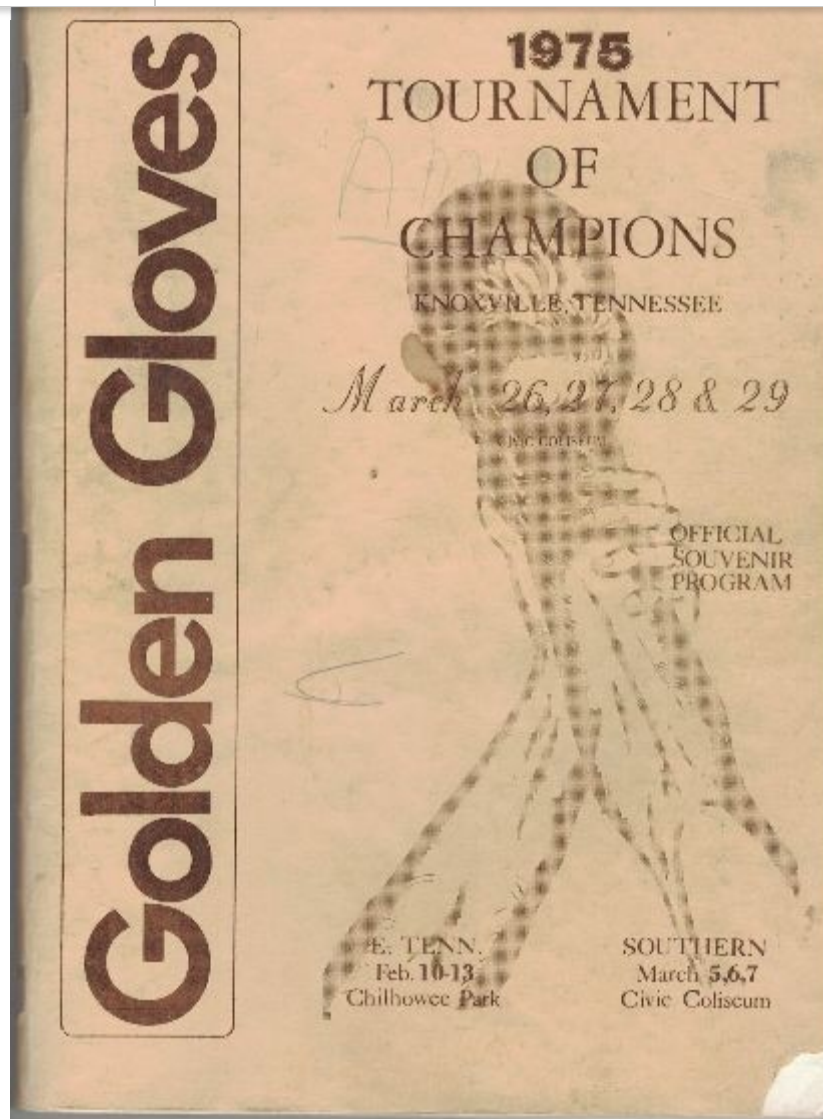
Portland Boxing Club's on-line store has a wide selection of merchandise featuring the Portland Boxing Club logo. These make great gifts for the hard-to-buy-for boxer or boxing fan in your life!

### Gift Certificates

Gift certificates are now available! Gift certificates can be redeemed towards membership initiation, monthly dues and in-club purchases. Not sure what amount to purchase? Consider \$25 for one months' dues, \$50 for a sweatshirt and t-shirt, \$100 for a new member's initiation and second month's dues, \$150 for 6 months' dues or \$300 for one years' dues.

Check out these and the other store items at: [On-line Store](#)

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### Boxing Collectables and Memorabilia

Portland Boxing Club now has boxing collectables and memorabilia available for sale on-line. Current items listed include autographed boxing gloves from famous boxers such as Micky Ward, Dicky Eklund, Muhammad Ali, Jake LaMotta and Gerry Cooney along with local favorites such as Liz Leddy and Russell Lamour. Other items include vintage boxing magazines such as The Ring, KO Magazine, Boxing Illustrated and World Boxing from 1978 to 1992. Keep checking back as additional items are being added regularly.

Donations of boxing collectables and memorabilia are being accepted if you have items that you would like to contribute. "We have heard from people who want to make sure their collection goes to a good cause and from people who have been collecting for years and don't know what to do with their items. We

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Russo. All proceeds raised from the sale of these items go to supporting Portland Boxing Club's amateur boxing program.

The Boxing Collectables and Memorabilia page can be seen at [www.portlandboxingclub.org/memorabilia](http://www.portlandboxingclub.org/memorabilia)



### Help Support the Portland Boxing Club

Join the Red Corner Club! It is a great way to show your boxing pride and support the Portland Boxing Club. For an annual tax deductible donation of \$100 or greater, you can join this exclusive club of Portland Boxing Club supporters. The Red Corner Club is open to anyone who wants to support the Portland Boxing Club, including current and past members, boxing team alumni, fans and community supporters.


Benefits include: Portland Boxing Club Shirt with the Red Corner Club member logo, Recognition in Upcoming Souvenir Programs, Recognition in Portland Boxing Club Newsletters and Recognition at Portland Boxing Club Events.

Memberships can also be given as a gift! [Click here for more information and to join the Red Corner Club](#)

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Boxing event at the Portland Expo.

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## PBC On-line Store

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