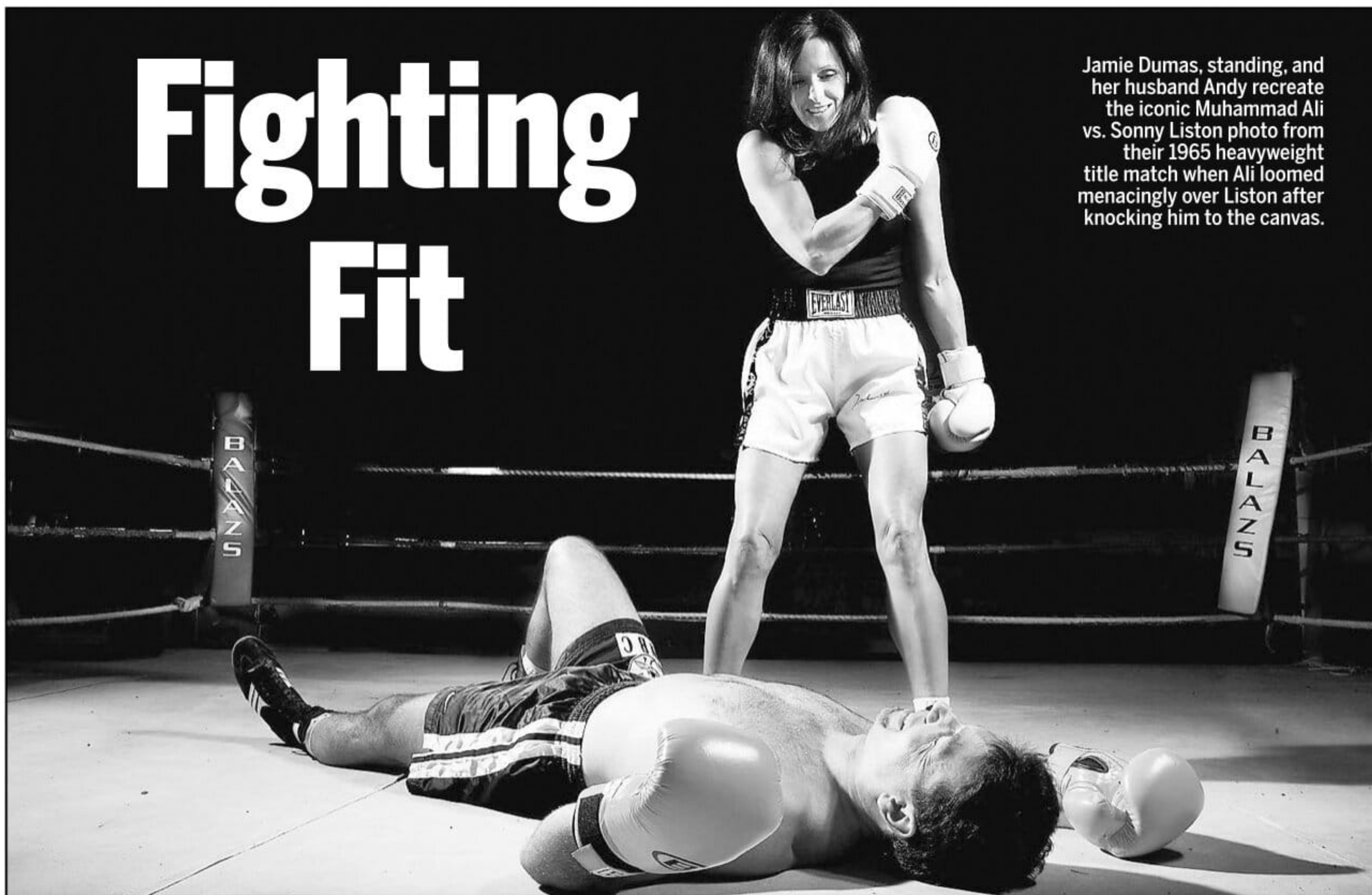


# Fighting Fit



Jamie Dumas, standing, and her husband Andy recreate the iconic Muhammad Ali vs. Sonny Liston photo from their 1965 heavyweight title match when Ali loomed menacingly over Liston after knocking him to the canvas.

SUPPLIED PHOTO

## But it's the work before the boxing that counts, say Andy and Jamie Dumas

Andy Dumas doesn't pull punches when he talks about boxing for fitness.

The fit 45-year-old says boxing training is one of the toughest workouts around.

He should know. He's been doing it for more than 30 years. That includes a six-year stint as a middleweight boxer in the amateur ranks.

"It's unlike anything else I've ever done," he explains in an interview from his home in Oakville, Ont. "It can be a tough workout, but everyone can do it. And there's so much variety in it, you don't get bored."

Andy has come out swinging ever since his teens, when his father, former pro boxer Cliff Dumas, bought him a heavy bag.

"We hung it up in the backyard and I just went ballistic on the bag," he recalls.

"Of course, after five minutes I was dead. And my dad goes, 'Let me show you how to do that.'"

In Andy's corner these days is wife Jamie. Although



her background is ballet, Jamie has donned the gloves ever since meeting her pugilistic beau.

"It's an honest workout," she explains. "You can't cheat it. If you do it, you benefit from it."

However, unlike her husband, who still enjoys the occasional sparring session, Jamie has never stepped into the ring. For her, it's all fitness.

"No, I'm not into getting hit," she says. "I like hitting the bag. I like feeling that power."

Jamie is a lean and mean 130 pounds at five-foot-six. Andy packs a solid 175 pounds on his five-foot-10 frame.

Both say that while many people recognize boxing's fitness benefits, few desire to have their brains rattled.

### ANDY'S ADVICE

■ Go to your local community centre and sign up for something different. Don't be afraid to try something new. Just do it. Half the battle is getting yourself out there.

### JAMIE'S ADVICE

■ Do something every day and do more than you did yesterday. There's no real trick. It's just doing it. Make it part of your lifestyle.

Keeping that in mind, the couple has penned two books on fitness boxing.

The latest, released earlier this year and endorsed by the World Boxing Council, is *Knockout Fitness*. It features a 12-week program that combines the best of "old-school" boxing training techniques — shadow boxing, punching target mitts, hitting the heavy bag and working on a speed bag — with cardio and muscle-conditioning.

Andy says it's an improve-



ment over their first fitness boxing book, *The One-Two Punch Boxing Workout*, from 2002.

And don't call it boxercise. "It's not boxercise," he notes. "I try to keep it as real as possible. It's all the things a boxer goes through to get in shape."

Andy and Jamie, both certified instructors, teach boxing several times per week.

Most of the hour-long sessions are broken down into intervals that mimic boxing rounds — three minutes of intense training, 30-to-60 seconds of rest.

Classes, which wouldn't be complete without rope jumping, wrap up with a cooldown phase involving core exercises.

"By the time class is done, every muscle is worked," Andy says.

Andy and Jamie strive to do

their own workouts at least three times per week.

Jamie, who has a kinesiology degree, complements her boxing with running, weight training and the occasional ballet training.

"I play tennis, I run, I cycle and do other things," Andy adds. "But at least once a week I've got to put the gloves on. If I don't hit the bag once a week, I get grumpy."

Perhaps the couple's concept of fitness boxing is best summed up in a press release for *Knockout Fitness*.

"If you want to look like a world-class athlete, you have to train like one," reads the release. "And no athlete trains harder or looks better doing it than professional boxers."

Them's fightin' words. Visit [www.theonetwopunch.com](http://www.theonetwopunch.com) for more.

**Cary Castagna is a certified personal trainer through Can-Fit-Pro.**

If you have a story for Keeping Fit, e-mail Cary at [cary.castagna@sunmedia.ca](mailto:cary.castagna@sunmedia.ca)