



Adam Colberg
works one-on-one
with clients at
Box Like A Pro.

Into the Ring

Photograph by JAY ACKERMAN

Giving you the coordination of a dancer, the hand-eye skill of a martial artist and the stamina of a runner, boxing is becoming the go-to workout for those who want to break routine. **BY NICOLE GULL McELROY**

BOX LIKE A PRO

Backstory / Adam Colberg first got a taste for boxing while in the U.S. Marine Corps. But it wasn't until 12 years ago, when he first visited South Florida Boxing in Miami Beach, that the martial artist decided to open his own gym to seriously train white-collar boxers and professionals. "I'm not a pro boxer, nor have I ever wanted to be," says Colberg, who first started training with three-time national champion Terry Southerland at the former Westport Boxing, a gym Colberg founded years ago in Westport, CT. Today, he owns and runs his own personal training business called Box Like A Pro, and also trains clients at the famed Brooklyn boxing mecca, Gleason's Gym. "I always saw myself as a teacher," Colberg says. "I introduce boxing in a way where my clients can develop technique and get in the best shape of their lives."

Workout / Colberg focuses on technique from footwork to hand-eye coordination; he works with clients in the ring using gloves and pads. Sessions generally begin with sport-specific routines like jumping rope and cardio. Next comes strength training and conditioning, abdominal work and stretching. "Most trainers focus on the punches. I get to the feet first. Boxing is like dancing and if you don't have the proper footwork, it's more difficult to correct later," says Colberg. As his clients gain stamina and control, they're better able to use the punching techniques. And since there's no contact with another fighter's gloves, clients won't get hurt. "I want my people to look like pros, but they don't have to take that head trauma," he says.

Buzz / Sabrina Sichel, 26, plays lacrosse and was looking for something to keep her fit in the off-season. A friend suggested box-

ing, and with a brother into mixed martial arts, Sichel decided to give it a go. A self-described "girly girl" with manicured nails and a bubbly smile, Sichel has logged nearly two dozen private sessions with Box Like A Pro and says it's changed her body. "I fluctuate [in weight] in the winter time, but this winter I pretty much stayed at my summer weight," she says, also noting a boost in her energy level and sense of confidence.

Details / Box Like A Pro trains at Calasanz Martial Arts & Fitness Center, 507 Westport Ave., Norwalk, CT (or in your home); boxlikeapro.com, 646-402-6231*