

JESAL TRIVEDI

HEAVYWEIGHT BOXER 2009-2010 GUJARAT & ACSM Certified Fitness Expert

- Now runs a very successful **Superhuman Academy** since past 8 years in Ahmedabad. Specializes in Calisthenics, HIIT & own bodyweight exercises in open to sky work outs.
- Aspired by the sports revolution scenario in Gujarat and India, took up one of the most challenging sport as a hobby.
- Heavy weight champion for the state-2009
- Heavyweight medallist for western zone-2009.
- Represented Gujarat at national boxing championship-2009.
- Boxing as a sport requires a high level of athletic prowess: strength, speed, agility, hand eye coordination, endurance, nerve and power, just to name several required attributes. Boxing is a fitness activity that enables an average person to hone those same athletic skills, all without having to take a punch.