

TRAINING November 15, 2016 - John Dennen

Anthony Joshua invests in high-end boxing gym

Anthony Joshua prepares to open a new, luxurious boxing gym, BXR



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ANTHONY JOSHUA, the Olympic gold medallist and IBF heavyweight world champion, is investing in a new state of the art boxing gym in central London.



BXR, a members-only fitness facility, will open in January on Chiltern Street in Marylebone. Joshua and the BXR founders have brought together a team of boxing coaches, boxers, MMA fighters as well as sports therapists. With Jamie Reynolds, Joshua's head strength and conditioning coach, and Dr. Mike Loosemore of CHHP involved, the idea is to offer its members the same kind of support a professional athlete enjoys.

"BXR is a passion project for me. I want people to train like I train. We have pulled together the best coaches, medical teams and equipment in the business and brought the ring to Chiltern Street, offering state of the art training facilities for anyone who wants to join," Joshua said.

Promoter Eddie Hearn and music producer Mark Ronson are among those on the BXR founding committee.

The site will span 12,000 square feet across ground and lower ground floors, with a full size boxing ring and a range of training equipment. It will also have its own smartphone app to accurately measure and track progress using camera feeds and other analytic tools powered by RNF Digital. As if to confirm it's a high end operation BXR will have an in-house clinic, interior designers have laid out the site with murals of Sugar Ray Leonard, Joe Frazier and Muhammad Ali and even a Danish Juicery will be on hand. BXR are also the sole UK distributor of Di Nardo tailored boxing gloves, made to measure for members and handcrafted in Turin.

