

## **The gym machine “Suhozhil” in training of boxers**

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To be successful in sports, dedicated training is a must. And the modern sport requires also new methods and exercises. Ukrainian National team has proved to be very successful on the boxing rings around the world in 2008-2012 seasons. The first team places at the European Championship, World Championship, and Olympic Games!!!

At that time a genius boxer Vasili Lomachenko with his father as his coach Anatolii Nikolayevich were members of the National team. Wanted or not, but other coaches had to lend a listening ear to Lomachenko senior's opinion. No wonder. His approach to training, that was sometimes hard to understand, brought to good results. Marathon running, swimming across firths, lifting weights until you fall, and other innovations were just “killing” our team during workouts, and after that our team was “killing” their competitors at the competitions of all levels.

Lomachenko left. Usik left, Shelestiuk, Khitrov, Berenchik... And the most critical – Lomachenko senior left.

The results are evident. We may discuss referees, change of generations, etc. but the results are still valid. Why all this speech?

Box is not stagnant, it evolves. And we should also evolve with it.

Since not so long ago, in Chernigov we have a revolutionary gym machine. It was created by our fellow countryman Nikolay Sergeevich Muraveynik.

“Suhozhil”. That's its name. It is designed to develop strength qualities of our body. It can be also used as rehabilitation aid after injuries. Now, some words about Master of Sports Maxim Voronin, my disciple, who doing this gym machine managed to develop his strength qualities up to a considerable level.

Since November, he has had 15 fights and has lost only 1. That was the fight on par with the Master of Sport of International category. And his victories in tournaments in Zhytomir, Sumy, Konotop, and at the Regional championship prove his performance!

And recently Maksim has won the tournament of masters of sports in Nikolaev, having won the fights against 3 strong opponents.

We are grateful to Nikolay Sergeevich for his input in our victories!

Sincerely,  
Valerii Bondarenko