

## FightCamp: A Workout You'll Want to Stick with for 2025 and Beyond



*Photo Desc.: From left to right, FightCamp CEO and co-founder Khalil Zahar, Lead Trainer Jessica "Jess" Evans, and co-founder and ex-USMNT Boxer Tommy Duquette.*

Designed to build strength, endurance, and coordination—nurturing both mind and body—this holistic, full-body fitness system gives real-time feedback

**LAS VEGAS (Jan. 6, 2025)** – FightCamp, the leading at-home boxing and kickboxing connected fitness platform backed by legends like Mike Tyson and Usher, is on a mission to inspire the fighter within. Today at Pepcom Digital Experience! at CES, FightCamp will demo its strike tracking technology with Lead Trainer Jess Evans. FightCamp's combination of real-time feedback and engaging training is transforming mind-body fitness with a workout users will want to stick with in 2025 and beyond.

“As a team built of former boxers and busy parents, we know nothing clears the mind like hitting the heavy bag, and nothing can match the satisfaction of landing a solid strike that sets a new personal record,” said founder and CEO Khalil Zahar. “With every punch and kick you

will see your hard work reflected on the screen, which keeps you motivated and shows progress toward your fitness goals.”

FightCamp packages are anchored by a free-standing boxing bag, augmented by a connected console with smart trackers, quick wraps, ankle wraps, boxing gloves, and a monthly subscription to over 3,000 unique, on-demand workouts. The technology tracks the speed, quantity, and intensity of strikes 1,000 times per second, displaying your progress on screen and logging your progress in its app for an interactive and engaging experience. With instant feedback and records to smash, FightCamp challenges people to become undefeatable.

Evans emphasizes the focus on the full-body conditioning and mental benefits that FightCamp’s boxing workouts can bring: “Our workouts combine strength, cardio, and coordination for their bodies, but also helps them build mental strength. FightCamp contenders aren’t just getting fit—they’re learning to think like fighters.”

What FightCamp's users have to say about FightCamp:

- "FightCamp has been the piece of my puzzle that I've been missing."
- "FightCamp has kept me strong, it's kept me motivated, and has also kept me accountable, which are all the things I need to have to continue a workout."
- “It’s been 2 or 3 years and I’ve done it every day since and I look forward to it every day.”
- “It’s the only program that I’ve consistently stayed with.”

Designed to meet the needs of individuals, couples, and families FightCamp offers partner workouts and both adult- and kid-sized gloves. Since its launch, FightCamp has grown into a thriving fitness community with a strong, dedicated fan base in the US and Canada, and growing stronger every day. The FightCamp app boasts an average rating of 4.8 stars across platforms, and members have logged billions of punches as they work toward their fitness goals. With a range of workouts designed for all skill levels, FightCamp continues to innovate, expand, and enable people to push their limits and inspire the fighter within.

## **About FightCamp**

FightCamp is a connected, at-home fitness platform specializing in boxing and kickboxing workouts that combine expert-led instruction with real-time punch-tracking technology. Founded in 2014 and headquartered in Newport Beach, California, FightCamp delivers an immersive, data-driven fitness experience that caters to all levels of boxing enthusiasts. The

platform empowers users to track their progress, improve their performance, and stay motivated through a supportive community and access to world-class trainers.

FightCamp is backed by prominent investors, including New Enterprise Associates (NEA), Connect Ventures, Left Lane, and boxing legend Mike Tyson, who support its mission to inspire the fighter within. Find out more at [joinfightcamp.com](https://joinfightcamp.com)

To learn more about affiliate programs and partnerships, please reach out to [fightcamp@thekeypr.com](mailto:fightcamp@thekeypr.com).

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