

Ricky thinks outside box to get bosses fit

Fighter's time out sees him training business people to boost firms

By CHRIS TAYLOR

A YOUNG boxer who had his hopes of competing at the 2014 Commonwealth Games dashed by injury has become a knockout in the business world.

Ricky Singh, a 25-year-old championship winning amateur boxer from Irvine, had his fighting career sidelined by a serious hand injury.

However, resourceful Ricky used his recuperation time to gain qualifications and set himself up as one of Scotland's most in-demand personal trainers.

Now owner of Team Singh Personal Fitness, based at Hillhead Sports Club in Glasgow's West End the young entrepreneur

is urging other businessmen and women to use fitness as a way of boosting productivity.

He said: "Over the last year I've been working with CEOs and Managing Directors who are tired and sore.

"I re-energise them and they feel able to give their business more.

"Imagine the difference to the Scottish economy if every busi-

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ness owner was able to give 5% more.

"More time, more energy ... it would all make a difference to the bottom line and the whole country would benefit."

Ricky, crowned Scottish Asian Young Entrepreneur of the Year 2011, says his adrenaline rush no longer comes from landing a

right hook but from helping to improve other people's lives.

He said: "When you get the clients saying 'you've changed my life', I get the same kind of buzz when I was winning a fight.

"In boxing it's all about doing well for yourself but it's exciting helping people."

Ricky aims to attract a high profile client base and establish Team Singh as the premier fitness company in Scotland.

He said: "I'm inspired by a trainer from London called Matt Roberts and he trains a lot of the celebrities such as Michelle Mone.

"But I think I'm as good as him and I want people to say 'I want to train with Ricky Singh'."

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■ Boxer Ricky Singh aims to be a big hit as a fitness coach

Picture: COLIN TEMPLETON

Club getting ship shape for big event

GLASGOW Richmond Model Boat Club is to hold its fifth annual Warship Weekend.

The two-day event is the only one of its kind in Scotland and this year moves to a new home at Richmond Park, having previously been held in the city's Queens Park.

The hand-crafted radio-controlled models range from just 12in to more than 12ft in length.

The hand-crafted models include early sailing vessels and the latest ships and submarines.

Modellers travel from England, Northern Ireland, Sweden, Denmark and from throughout Scotland to see the event, which runs on Sunday from 11am until 4.30pm.

For more visit www.glasgowrichmondmbc.co.uk

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