

'Train Like Manny' Day

Nov. 1, Montalban Theatre in Hollywood

LOS ANGELES – So you think you have what it takes to be a world-class athlete?

Nike will be hosting a "Train Like Manny" day with Manny Pacquiao's strength and conditioning coach Alex Ariza at the Montalban Theatre in Hollywood this Sunday, November 1.

The first 50 participants ages 16-21 will experience what Pacquiao goes through on a daily basis with Ariza.

"Tell them right now, they better get a lot of rest on Saturday night because when they are with me, they are going to sweat," said Ariza to the *Asian Journal*.

Ariza said the participants would go through a Pacquiao-like workout including isometric and plyometrics exercises and other agility drills.

He'll also be incorporating Nike's Sparq Training into the

workout program that starts at 1 pm.

All of the participants of the free event will receive a Nike T-shirt and also receive tickets to Under the Hood with Manny Pacquiao, a pep rally on November 7, a week before Pacquiao's big showdown against Miguel Cotto.

To RSVP for the event on November 1 email rsvpnike@nike.com. (Joseph Pimentel/AJPress)



Pacman gets...

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do this. That is the leverage Nike has to meet the needs of sports athletes," he said.

"So, we worked on the shoes to give Manny the perfect fit. We took out some of the volume. The shoes need to have just the right thickness but very light so they will not take on too much weight," shared Jesse.

Another special innovation Manny wanted was the addition of tassels, "which they had back in the old heydays of boxing", according to the Nike team. "Manny also wanted the shoes to be in red and white (which are in the Philippine flag). He is really very patriotic," said Nike's shoe designer.

Needless to say, the special boxing shoes have been made to ensure there will be no "hot-spots" to prevent any calluses.

"This is what Nike is all about. As our management always says, it's all about listening to the voice of the athlete," said Spencer. "We don't want to produce wrong products for athletes. We want to give them the ultimate in fit and comfort," Jesse added.

It's just a few weeks away before Manny puts on his special Nike shoes and fight Cotto. Given Manny's amazing track record and his promise to Filipinos to knock out Miguel Cotto, it will most probably be a long time coming before any other boxer can step into Manny's champion shoes. (AJPress)

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Attorney Rhea V. Samson
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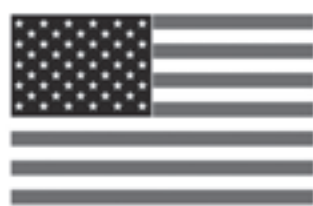
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