

Glen Johnson is Fit and Trim as he Prepares for his Debut in the Super Six World Boxing Classic Against Allan Green on November 6, Live on SHOWTIME

(October 29, 2010 – Miami, FL) With just eight days to go until his first appearance in the SHOWTIME Super Six World Boxing Classic, Glen “The Road Warrior Johnson (50-14-2, 2 KOs) is ahead of schedule in his preparations, as he gets himself ready for his first super middleweight bout in over a decade. Just this past Wednesday, Johnson tipped the scales at 171 lbs., a mere three pounds shy of the 168 lbs. super middleweight limit.

On November 6, Johnson takes on Allan “Sweetness Green (29-2, 20 KOs) from the MGM Grand Garden Arena in Las Vegas in the third round of Super Six. Both men enter the contest with 0 points, Green having lost to Andre Ward in the second round, and Johnson stepping into the tournament for an injured Mikkel Kessler. A spot in the semifinals looms for the winner, however.

“We got a nutritionist who is telling us how to eat, and what we should be eating, and everything has been easy, said Johnson. “I feel great about the fight. I am looking forward to it. This is a great opportunity for me.

Much intrigue has surrounded Johnson’s quest to hit 168 lbs. for his showdown with Green. Johnson last made the super middleweight limit on September 23, 2000 when he knocked out Toks Owoh in six rounds for the IBF Inter-Continental super middleweight title. On that night in London, England, Johnson weighed 166.25 lbs.

“For anyone concerned that Glen Johnson would have a weight problem, he weighed 171 over a week before the fight. Most super middleweights would weigh more, said Lou DiBella, co-promoter of Johnson and promoter of Green. “Glen is a true professional, and he dropped the weight like a true professional. Two super middleweights will get in the ring on November 6 in a high stakes battle.