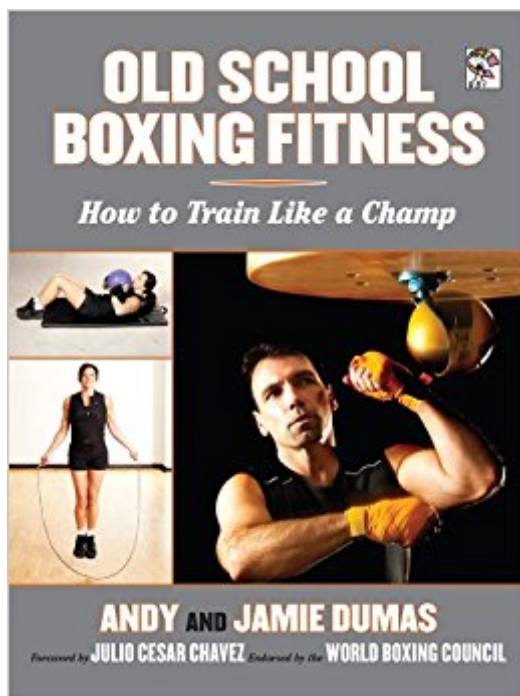


The book was found

Old School Boxing Fitness: How To Train Like A Champ



Synopsis

If you want to look like a world-class athlete, you have to train like one, and no athletes train harder or look better doing it than professional boxers. Fitness boxing takes the best parts of a boxer's workout and combines them with more traditional exercises like running and weightlifting to create a unique workout that will help boost your stamina, strength, and agility while throwing punches. Designed for men and women of all ages and levels of fitness, certified boxing instructors Andy and Jamie Dumas's twelve-week guide to fitness and nutrition is broken into three sections: boxing training, cardiovascular conditioning, and muscular conditioning. Easy-to-follow instructions combined with more than 200 step-by-step photographs describe all aspects of fitness boxing training, from the basics of throwing punches to the tried-and-true conditioning methods professional boxers use for their own cardiovascular and muscular development.

Book Information

File Size: 6555 KB

Print Length: 256 pages

Publisher: Skyhorse Publishing; 1 edition (May 1, 2013)

Publication Date: May 1, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00CM94FDK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #341,341 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #70

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #185

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Customer Reviews

Great book to learn old school hard core boxing workouts!

Love it and it would recommend that you buy it for reference on boxing training and conditioning. I've enjoyed reading it and would recommend it to anyone!

Really informative book.

Excellent book!

It's a good book but not detailed, it needs more illustration and if DVD added will be excellent. Thanks for the delivery and the good packing

This book has the real thing for anyone looking to start learning boxing for the ring or fitness. Having spent many years training in boxing and martial arts the techniques and programs give a lot of substance for learning the "Sweet Science". Bravo!!

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