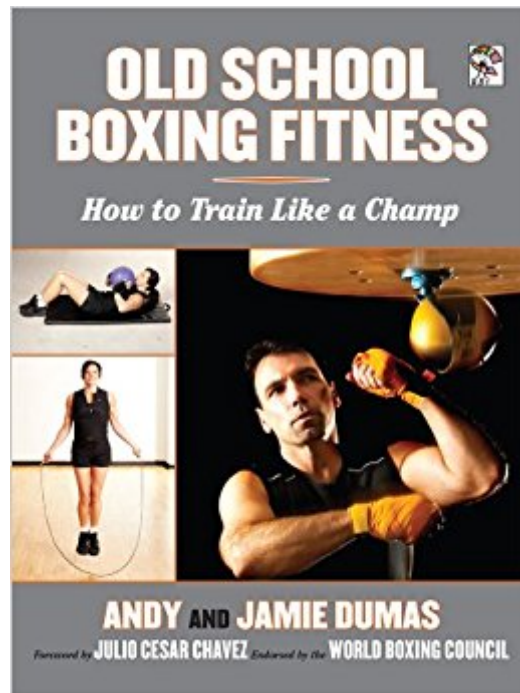




The book was found

# 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

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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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Workout Nutrition, Nutrition For Athletes) The Potato Chip Champ: Discovering Why Kindness Counts Football Champ (Football Genius series Book 3) Snowboard Champ (Matt Christopher Sports Fiction) The Old Old Story Set To Old Old Tunes: 80 Bible Story Lyrics Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) Golf: Golf At 60: A Complete Beginners Guide for Senior Golfers to Take Care of Health, Fitness & Play Golf Like a Pro (Golf, Golf Swing, Golf For Dummies, ... Golf Etiquettes, Golf like a pro, Golfer)

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