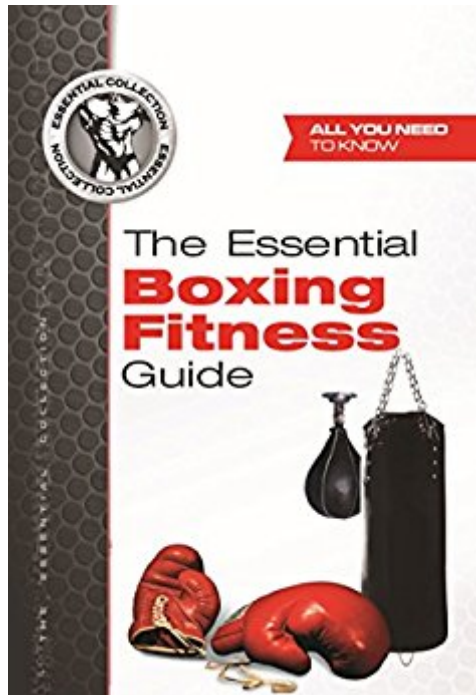


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The Essential Boxing Fitness Guide (The Essential Collection Book 4)



Synopsis

An essential collection of Boxing Fitness exercises for fat loss, strength & muscle gain, health and well being to suit all levels of fitness, age and ability. Easy to follow instructions accompany clear, full color, photographic illustrations demonstrating each step throughout the exercise movement so you can train confidently, effectively and safely. • Advice on how to choose, install and maintain your heavy bag • Step by step guide to wrapping your hands • Easy to follow instructions guiding you through how to effectively train with a heavy bag • The kicks and punches you need for a great workout • Clear, full color illustrations demonstrating each exercise • Reminders and pointers to improve your form and technique • Wide selection of punching and kicking combinations • A great selection of stretches • Key safety points • Information on how to construct a safe and effective fitness program, measure your success and reach your goals

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