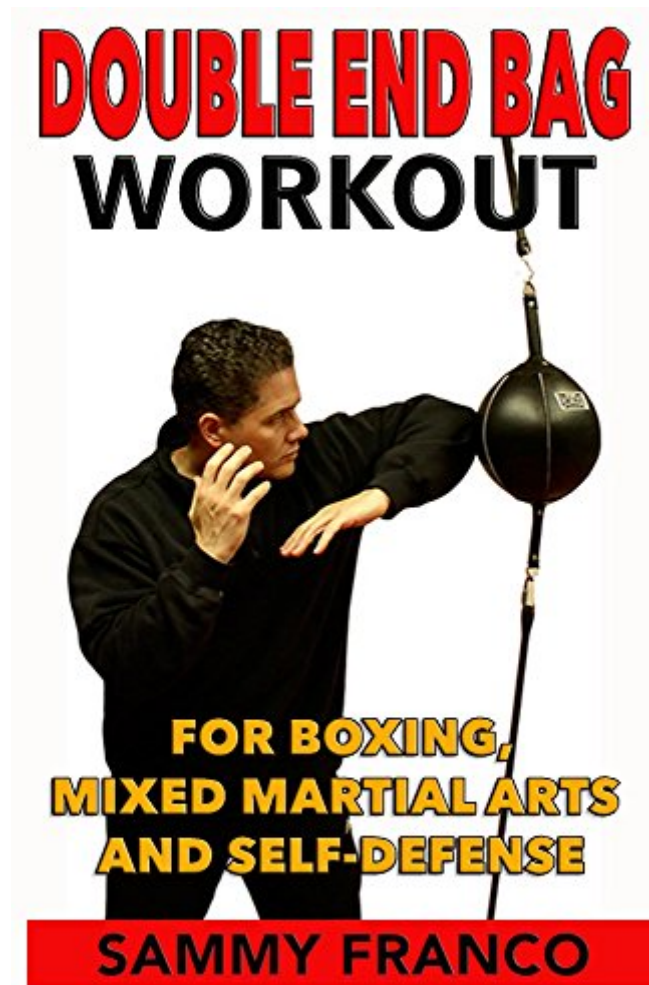


The book was found

# Double End Bag Workout: For Boxing, Mixed Martial Arts And Self-Defense



## Synopsis

A Must-Have Book for Anyone Who Wants to Learn the Double End Bag  
Double End Bag Workout is a comprehensive training guide to mastering the double end bag. This one-of-a-kind book will help you achieve maximum performance in a variety of activities including: Boxing training Mixed martial arts Kickboxing Self-Defense Fitness Build Legendary Punching Speed Many top-level coaches and trainers will tell you double end bag is one of the best pieces of boxing equipment for developing blistering punching speed and cat-like reflexes. But, the double end bag is also frustrating and difficult to master. The good news is, all of this is about to change! With over 200 detailed photographs, clear illustrations, and easy-to-follow instructions, *Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense* has everything you need to start training immediately. 30+ Years of Expert Training Advice Double End Bag Workout is based on Sammy Franco's 30+ years of research, training and teaching both martial arts and boxing. He has taught these unique double end bag skills to thousands of his students and now he's put them down in this in-depth book. DOUBLE END BAG WORKOUT HAS: Purchasing tips and suggestions Setting up the bag (including proper height, air pressure and cable tension) Double end bag training gear (bag gloves, boxing gloves, hand wraps, round timers) Stance and Footwork skills Punching techniques Double end bag punching combinations Solo and partner workout programs Hundreds of training tips And much, much, more Double End Bag Training for Every Skill Level! Double End Bag Workout also has beginner, intermediate and advanced workout routines that improve your speed, timing, accuracy, attack rhythm, and endurance. Whether you're an elite fighter or a complete beginner, this comprehensive book will take your boxing workout to the next level and beyond!

## Book Information

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## Customer Reviews

GREAT BOOK ON THE DEB IT WILL GIVE ALOT OF INFO TO INCREASE YOUR TIMING AND SPEED

Excellently done

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Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Kickboxing: The Ultimate Beginners Guide To Kickboxing (Kickboxing, Thai Boxing, Muay Thai, Boxing, MMA, Mixed Martial Arts) Fight psychology: How to overcome the fear of fighting: A tremendous insight into the mind of a fighter (Self Defense, Mixed Martial Arts, Fighting Dirty, Self Esteem Book 1) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) The Ultimate Mixed Martial Arts Training Guide: Techniques for Fitness, Self Defense, and Competition Judo For Beginners: Your Comprehensive Guide To Judo Techniques, Takedowns & Tactics (BJJ, Judo, Mixed Martial Arts, Boxing) Taekwondo For Beginners: Drills. Techniques & Tactics To Defend & End A Fight (MMA, Martial Arts, Self Defense, BJJ) Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Mental Combat: The Sports Psychology Secrets You Can Use to Dominate Any Event! (Martial Arts, Fitness, Boxing and MMA Performance) Elijah: An Oratorio for Full Chorus of Mixed Voices, Soprano, Alto, Tenor, and Baritone Soli (Double Solo Quartet of Mixed Voices) and Piano (G. Schirmer's Editions of Oratorios and Cantatas)

Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat Beast: Blood, Struggle, and Dreams at the Heart of Mixed Martial Arts Advanced Rubber Guard: Jiu-Jitsu for Mixed Martial Arts Competition

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