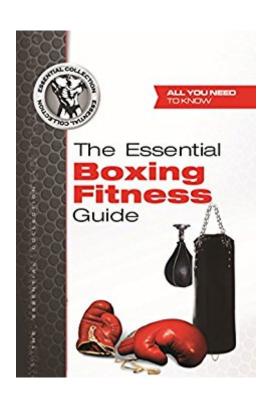
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# The Essential Boxing Fitness Guide (The Essential Collection Book 4)





#### 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.  $\hat{a} \notin Advice$  on how to choose, install and maintain your heavy bagâ  $\notin S$  tep by step guide to wrapping your handsâ  $\notin E$  asy to follow instructions guiding you through how to effectively train with a heavy bagâ  $\notin T$  he kicks and punches you need for a great workoutâ  $\notin E$  Clear, full color illustrations demonstrating each exerciseâ  $\notin E$  Reminders and pointers to improve your form and techniqueâ  $\notin E$  Wide selection of punching and kicking combinationsâ  $\notin E$  A great selection of stretchesâ  $\notin E$  Key safety pointsâ  $\notin E$  Information on how to construct a safe and effective fitness program, measure your success and reach your goals

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