

Boxing Training Guide

IF YOU OWN A HEAVY BAG, YOU NEED THIS BOOK! The heavy bag is one of the oldest pieces of workout equipment. It is regularly used by boxers, mixed martial artists, self-defense students, and fitness enthusiasts. Unfortunately, most people don't know how to properly use the heavy bag. Impatiently, they rush out to their local sporting goods store, buy a bag and begin wailing on it without a care in the world. In most cases, they are hitting it incorrectly, developing dangerous habits and possibly injuring their body. GET THE MOST OUT OF YOUR HEAVY BAG WORKOUTS! Heavy Bag Training for Boxing, Mixed Martial Arts and Self-Defense is the first book in Sammy Franco's best-selling Heavy Bag Training Book Series. In this unique book, world-renowned martial artist and self-defense expert, Sammy Franco provides you with the foundational knowledge and skills necessary to maximize your heavy bag workouts. In this information-packed guide, you'll find the important answers to the questions about all aspects of heavy bag training. Heavy Bag Training covers the following:

- How to purchase a quality heavy bag
- The benefits of heavy bag training
- How to design your own heavy bag workouts
- Sample time-based heavy bag workouts
- How to properly set up the heavy bag
- Heavy Bag hanging systems
- Heavy bag

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training safety tips Essential heavy bag gear Hand wrapping techniques for intense heavy bag training The fighting stance for heavy bag training Mobility and footwork during heavy bag workouts How to punch the heavy bag correctly How to avoid hand injuries The best hand strengthening exercises for bag work The fighting ranges used during bag training Heavy bag kicking techniques Punching techniques Grappling strikes on the bag Bonus! Heavy bag workout tips OVER 100 KICKING, PUNCHING & GRAPPLING STRIKING COMBINATIONS! Heavy Bag Training for Boxing, Mixed Martial Arts and Self-Defense includes over one hundred different kicking, punching and grappling striking combinations! If you are serious about training and want to get the most out of your heavy bag workout, then you will want to read and study this book!

This is the most comprehensive and up-to-date boxing-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes world-wide. This book features year-round boxing-specific weight-training programs guaranteed to improve your performance and get you results. No other boxing book to date has been so well designed, so easy to use, and so committed to weight training. This book supplies you with a year-round workout program designed to increase punching speed and power in your jabs, hooks,

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and uppercuts. Following this program will raise your stamina and endurance which will result in extraordinary footwork that will have you dancing around opponents and hitting them with sharp combinations until the final bell. Both beginners and advanced athletes and weight trainers can follow! this book and utilise its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too.

Effective martial arts training, especially for a demanding sport like Muay Thai, requires a prudent training plan. In Muay Thai Training Techniques, professional trainer Christoph Delp shows amateur as well as advanced fighters how to best utilize their training time, whether at home or in the gym, alone or with a partner or coach. A comprehensive guide for Muay Thai fighters as well as those utilizing Muay Thai techniques in Mixed Martial Arts (MMA), Muay Thai Training Techniques teaches effective exercises to improve flexibility, stamina, and strength as well as basic fighting techniques such as feints, counters, and combinations. Muay Thai champions Saiyok Pumphanmuang and Kem Sitsongpeenong are featured, demonstrating their own training methods and most effective techniques. Training is broken down into core components that any Muay Thai fighter or instructor can use to help build an individual training plan;

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several ready-made, detailed training plans are also included for beginners, intermediate, and advanced practitioners. Rounded out with crucial information on nutrition, weight classes, and the importance of regeneration to effective training, Muay Thai Training Techniques will help all Muay Thai fighters to take their practice to the next level.

Looks at the basics of boxing and outlines a twelve-month training program that covers boxing techniques, strategies, physiological conditioning training, ring science, and sparring.

This book is about becoming a professional boxer. It gives information on the do's or don'ts to help you with your professional career.

A user-friendly, highly illustrated, straightforward boxing guide that promotes fun, fitness, self-defense, and self-confidence. Endorsed by USA Boxing, national governing body for amateur boxing.

An easy-to-understand, fully illustrated guide to health and fitness with the art of boxing. It will be useful either to the novice fighter or to those looking for a new form of exercise. It explains the equipment, punches and combinations, defensive skills and movement, ring strategy, boxing styles, training techniques, and tricks of the trade.

The Ultimate Guide to Weight Training for Boxing is the most comprehensive and up-to-date

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boxing-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round boxing-specific weight-training programs guaranteed to improve your performance and get you results. No other boxing book to date has been so well designed, so easy to use, and so committed to weight training. This book supplies you with a year-round workout program designed to increase punching speed and power in your jabs, hooks, and uppercuts. Following this program will raise your stamina and endurance which will result in extraordinary footwork that will have you dancing around opponents and hitting them with sharp combinations until the final bell. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

The Ultimate Guide to Boxing Nutrition will teach you how to increase your RMR (resting metabolic rate) to accelerate your metabolism and help you change your body for good. Learn how to get in top shape and reach your ideal weight through smart nutrition so that you can perform at your very best. Eating complex carbohydrates, protein, and natural fats in the right amount and percentages as well as increasing your RMR will make you faster, more agile, and more resistant. This book will help you to: -Prevent dehydration. -Prevent getting cramps. -Get tired less. -Recover faster after competing or training. -Have more energy before, during, and after competition. Joseph Correa is a certified sports nutritionist and a professional athlete. Boxing, originally published in 1943, was compiled by boxing champions and coaches to teach World War II cadets how to take a punch and fight back viciously, calmly and with deadly

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intent. The manual was so successful that the U.S. Naval Institute reissued it several times, and copies of the original manual are still in high demand. Get yourself into top fighting shape by following the combat-proven boxing drills used by generations of naval recruits.

"The Complete Boxing Handbook 2" is a comprehensive guide to learning Boxing - The Noble Art of Self Defense. This version is a updated version with all new images. With easy to follow step-by-step instructions and hundreds of illustrations you will learn all essential parts of modern boxing. It doesn't matter if you're completely new to the sport, a experienced boxer or seasoned coach, this book will be a great source of knowledge and inspiration to you. The book covers: Basic stance, Distances, Footwork, Punches, Defense, Counterattacks, Combinations, Exercises. There is also a chapter about Rules and Regulations of modern amateur boxing. The reader will for example learn what equipment is mandatory, the size of the ring, weight classes, and how international boxing contests are scored.

100% HARD-CORE HEAVY BAG TRAINING! Heavy Bag Workout is the third book in Sammy Franco's best-selling Heavy Bag Training Series. This unique book features over two dozen "out of the box" workout routines that will maximize your fighting skills for boxing, mixed martial arts, kickboxing, self-defense, and personal fitness. **30+ YEARS OF RESEARCH AND TRAINING AT YOUR FINGERTIPS** This book is based on self-defense expert, Sammy Franco's 30+ years of research, training and teaching the martial arts and fighting sciences. He has taught these exclusive workout routines to thousands of his students and now he's put them down in this instructional book. **IMPROVE YOUR SPEED, POWER, TIMING, ENDURANCE AND EXPLOSIVENESS!** With over 100 detailed photographs and easy-to-follow instructions, Heavy Bag Workout has beginner, intermediate and advanced workout

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routines that will improve your speed, power, timing, endurance, and explosiveness. Whether you're an elite fighter or a complete beginner, this comprehensive book will take your fighting skills to the next level and beyond!

This guide to the finer points of boxing provides the wisdom needed to make the transition from enthusiastic beginner to proficient pugilist. The ABCs of ring generalship, offensive and defensive ring movements, feints, and draws and fakes are examined and explained along with clinching techniques, head-hunting, body work, and counter-punching chains. Strategies for boxing against tall and short opponents as well as for a variety of fighting styles such as charger, speed-demon, stick-and-move, and slugger and brawler are discussed in detail. Specific drills focus on sophisticated ring stratagems such as throwing complex combinations, cutting off the ring, fighting off the ropes, generating power, and cornering an opponent are included.

The Best Boxing Fitness Book in the World!Whether you're serious about boxing or just serious about getting in shape this book will help. The same methods that build speed, stamina and power in the ring have just as much to offer the fitness enthusiast or the beginner. Ian Oliver's credentials are indisputable and his advice indispensable. Whether you're young or old, male or female, experienced fighter or enthusiastic amateur, Boxing Fitness will get you in the best shape of your life.

Learn how to train for maximum gains with Periodization: Theory and Methodology of Training. Guided by the expertise of Tudor O. Bompa, the pioneer of periodization training, and leading periodization researcher G. Gregory

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Haff, you'll learn how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild—resulting in better performance and less risk of injury. Translated into nine languages, *Periodization: Theory and Methodology of Training* has become one of the major resources on periodization for sport scientists, coaches, and athletes throughout the world. Since the introduction of this groundbreaking training theory by Tudor O. Bompa in 1963, periodization has become the basis of every serious athlete's training. Now in its fifth edition, Bompa's classic text combines the concepts central to periodization and training theory with contemporary advances in sport science, physiology, and coaching. No other text discusses planning and periodization in such detail or with so many specific, practical examples from a variety of sports. With the fifth edition of *Periodization*, you can learn the principles, objectives, and components of a successful long-term training program and how to plan the right program to achieve your performance goals. *Periodization* also contains proven strategies for optimal peaking and specifics on training for better motor ability, working capacity, skill effectiveness, and psychological adaptability. Better organized and easier to read, the fifth edition of this definitive text presents the latest refinements to periodization theory: • New research on rest and restoration, specifically countermeasures used in facilitating recovery plus practical

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suggestions for implementation • How the use of sequential training and delayed training effects can produce optimal performance at major competitions • A comprehensive discussion, grounded in scientific data, on applying various methods of peaking to ensure optimal performance for competition • New information on how concepts such as conjugated sequencing and summated microcycle structures can maximize strength gains and direct training •

Expanded information on the development of sport performance characteristics, including speed training and sport-specific endurance Chapter summaries will help you review and reference major concepts throughout the text. Plan and document each training program with ease using the duplication-ready annual and four-year training plan charts included in the appendix. When it comes to designing programs for optimal training, Tudor Bompa's expertise is unmatched. The fifth edition of *Periodization: Theory and Methodology of Training* presents the latest refinements to Bompa's periodization theory to help you create training programs that enhance sport skills and ensure peak performance.

BoxingThe Complete Guide to Training and FitnessPenguin

Punch Boring in the Face Pump up your fitness routine by following former Olympic boxer Jennifer Dugwen Chieng's badass boxing regimen. It's a high-intensity, full-body workout that is just as fun as it is impactful! This book teaches

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classic boxing techniques with lessons on footwork, punches, endurance, core strengthening and more. Hooks, Uppercuts & Strikes Intense Crunches Partner Work Quick Feet & Sprints The exercises in Badass Boxing Workouts really pack a punch. You'll find yourself gaining stability, muscle tone, stamina and self-improvement, all while transforming your body and kicking ass.

For both recreational and competitive boxers, and all those who wish to take up amateur boxing or participate in a boxing-based program, this guide offers practical advice on basic and advanced techniques, fitness, groundwork, making the weight, and the role of a coach.

A comprehensive, practical guide to non-contact boxing - looks at workouts in an individual, group or class setting. Learn how to improve clients' body composition, heart-lung stamina, strength, speed, co-ordination, balance and flexibility. It also covers boxing training's less tangible but equally important benefits such as building confidence and self-esteem – especially relevant to schools and young people. Key features: * Fully illustrated, with vibrant photographs and practical diagrams for imparting core boxing and safety techniques (e.g. wrapping clients' hands; teaching correct stance, punches and combinations) * Sample training programmes for clients of differing abilities and fitness levels, with guidance on safe and appropriate progression * Relevant content on dietary and health

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matters. The Complete Guide to Boxing Fitness is a tried-and-tested, unique guide to boxing skills and drills for the fitness and sporting arenas.

Fitness boxing is one of the hottest workout trends across America. More than 10, 000 health clubs have fitness boxing and boxaerobics programs. In home gyms, the average customer spends over \$300 for equipment to get started. Most college physical education departments offer courses and instruction in fitness boxing. What is fitness boxing, exactly? It is an exercise program that uses aspects of professional boxing training and aerobics to build strength, confidence, and, of course, burn calories. Very popular among women, it is a core body-building regimen unlike any other. And it's fun, especially if you work out with a partner. The Complete Idiot's Guide to Fitness Boxing Illustrated is the only book of its kind to lead the reader through each dynamic stage of fitness boxing. From stretching and jumping rope to sit-ups, toning and leg work through each kind of punch and their combinations, expert Tom Searbourne puts it all together in this knockout of a fitness title.

"The Ultimate Guide to Weight Training for Boxing" is the most comprehensive and up-to-date boxing-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book

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features year round boxing-specific weight training programs guaranteed to improve your performance and get you results. No other boxing book to date has been so well designed, so easy to use, and so committed to weight training. This book supplies you with a yearround workout program designed to increase punching speed and power in your jabs, hooks, and uppercuts. Following this program will raise your stamina and endurance which will result in extraordinary footwork that will have you dancing around opponents and hitting them with sharp combinations until the final bell. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

The Techniques and Knowledge Needed to Excel in the Sport of Boxing The illustrations, explanations, and techniques presented in Boxing Basics provide everything needed to excel in the sport of boxing. Easy to follow explanations and illustrations introduce the reader to the sport by providing information on training equipment, types of boxing gyms, and how to get into fighting shape. The bulk of this boxing text is devoted to providing progressive steps in the learning of the sport of boxing. It begins by presenting the primary elements of boxing and ranges to advanced skills. The Instant Reference Guide is a special feature designed for busy persons. It

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provides fast-track references to the important points in every chapter. This publication can be used as a how-to reference guide for trainers as well as beginners. "Some books just show you how to box, others just tell you. Still others do a little of both. With *Boxing Basics*, Professor Gotay becomes your personal trainer, teaching you step by step how to box. This is the most definitive how to boxing book I have ever seen." - Randy Gordon, Former Editor-in-Chief of *Ring Magazine*; Boxing Analyst for ESPN, USA Network, and the MSG Network; and Chairman of the New York State Athletic Commission. Presently the host of *Fight Club*, the popular Sirius Radio boxing talk show.

Boxing - Training, Skills and Techniques is essential reading for both recreational and competitive boxers, and all those who wish to take up amateur boxing, or participate in a boxing-based programme. It offers practical advice on the many crucial factors that need to be taken into account if the boxer is to maximize his, or her, performance and potential. Topics include: an overview of the history of boxing; the amateur code; boxing weights; recreational boxing; equipment and attire; a detailed consideration of both basic and advanced techniques; the role of the coach; fitness training; gym work; running; conditioning; speed and agility training; making the weight and nutrition; planning the season, and much more.

People are living lives filled with physical and mental stress. In boxing, they find themselves rediscovering their mind and body whilst staying calm. An increasing

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number of people turn to box each day. Reason? It's absolutely free. Basic boxing doesn't require you to spend a penny - you can spar with your friend, shadow box, or even beat the heavy bag in your garage at your own comfort. In this boxing for beginners, it covers: An introduction to boxing Boxing fundamentals: boxing stances Boxing fundamentals: footwork Boxing fundamentals: defense Boxing fundamentals: punch types Basic boxing combinations Different boxing fighting styles Choosing your boxing style How to train at home How to train with a partner How to increase your speed Ring movement training Timing your knockout punches Defending against dirty tricks And much, much more!

Successful Boxing is the ultimate training manual for aspiring boxers. This indispensable resource shares tips and suggestions on how to improve skills and maximize performance. With inspiration and advice from World Champions Sergio Martinez, Saul Alvarez, Julio Cesar Chavez Jr. and a foreword by legendary World Champion Juan Manuel Marquez, using the information presented in this book will be just like receiving private sessions with a coach or top performer. These tips and training methods allow you to master the individual nuances of boxing to give you the winning edge. Whether you are new to the sport or a serious competitor, this book will help you reach the next level of skill development. This is the ultimate training manual for aspiring boxers. Superbly illustrated with 360 colour instructional and action photographs. Andy Dumas is a Canadian Boxing Coach who hosts and produces a

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number of TV fitness and sports shows and Jamie Dumas is a trainer of fitness instructors and develops workshops for fitness clubs.

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion'." -Muhammad Ali Make this quote your bible and you're on your way to success in boxing. Whether you want to box to stay fit or to ultimately become a professional boxer, this all-inclusive boxing guide will cover an overview of boxing, so to help you get started. In this boxing guide book, you will discover: Boxing equipment, training Warm-up exercises How to make a fist Fighting positions - Position of the body Footwork - Things to remember about footwork The uppercut - How to use the uppercut Fienting Passing the Punch Going into your shell (covering when under attack) And Much More! Start today. It's never too late. Hope this guide helped you with the basics of boxing in every department. "You never lose until you actually give up." - Mike Tyson

Going beyond the standard workout for boxers, this innovative manual introduces a diverse set of training methods, integrating them into drill sets that build the athletic attributes for which past and present fighters are known. From Leroy Jones sparring with chickens and Ken Norton's 15 combined rounds of shadow boxing, sparring, and bag work to Ricky Hatton's staggering 12-round sparring bouts with a body belt and Kosta Tszu's creative tennis-ball and head-strap punching apparatus, this guide highlights a wide vocabulary of exercises, all incorporating boxing-specific equipment.

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The drills can be performed solo or with a partner, and each piece of equipment is approached individually with detailed descriptions of routines, including floor exercises and drills with the heavy bag, medicine ball, horizontal rope, and jump rope. With two workout menus for weight training, this guide guarantees a regime to suit any individual need—be it professional or simply a desire to train like some of the best athletes in the world.

Boxing is a tough and sometimes dangerous sport, anyone getting into the sport of boxing should learn and understand and respect the following rule: Protect yourself at all times! Boxing is all about being able to hit the opponent without getting hit. It's about scoring as many points (hits) as possible without giving away any points (hits) to your opponent. This might sound easy enough, but it requires many thousands of hours of training before you master the art of "hit without getting hit". This handbook of boxing will guide you through all techniques of boxing, from how to get into the basic stance to advanced combination exercises. You will discover: Basics - The foundation of fighting stance, distances, footwork... Punches - straight punches, uppercuts Defense - against straight punches, uppercut punches, hook punches Counterattack - direct counterpunching, move and counterpunch, block and counterpunch Feinting Combinations Exercise - combinations Rules and Regulations Hope you enjoy reading and boxing!

Mastering Muay Thai Kick-Boxing, covers muay thai stances and such moves as:

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Upper body strikes and defenses Lower body strikes and defenses Plum/clinch tie up defenses Stalking and retreating Also, read about what equipment is best to use, training and endurance drills, and specific problem areas. This martial arts book is an outstanding aid to anyone training in muay thai or mixed martial arts. New students will learn the moves efficiently through clear diagrams that include centerline, levels, directional angles, and linear positioning. Over 200 color photographs supplement the diagrams, making it easy for more experienced students to refine their techniques.

- Do you really wish to become a successful boxing player? - Are you looking for the best boxing books that will help you master this game like an expert? - What are the best boxing fitness cum training tips that you must know? Now, Get Ready to Learn the Core Concepts of Boxing Fundamentals in This Excellent Book! Designed for all sports fanatics that wish to master the art of boxing, this guidebook will perfectly help you learn all critical concepts and tips to become an expert. Needless to mention, the combat sports activities of boxing game isn't that simple! In fact, in order to master this incredible sport, you are required to precisely follow some important tips and guidelines. Luckily for you, this one-in-all boxing training book covers various important concepts (with comprehensive detailing) that you must follow to become a pro. This is a perfect boxing fitness

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guide that will lead you to the path to be a professional boxer. So, what are you waiting for? Whether you are a complete beginner in this arena or you are striving to become a professional boxing player, this guidebook will be the most recommended solution for you! Now, keep reading and reveal some important concepts that you'll learn from this excellent book. You Will Learn: - Start with the basic history of Boxing - Know more about the modern professional Boxing related concepts - Reveal important Boxing rules to lead the path of success cum excellence - Acquire the right skills in order to become a good Boxer - Garner knowledge about Defensive skills, Body conditioning, and more - Avoid the common mistakes in Boxing - And, much more too... So, are you now eager to learn all of these aforementioned basics and fundamentals of boxing? If yes, then do not waste anymore time and hit the "Buy Now" button right away.

Discover how to take your boxing ability to the next level. Even if you don't go to a boxing gym or have no previous experience! There are of course many ways in which you can exercise in a routine, many people struggle to enjoy these routines, or they just simply don't work. If you are someone who wants to make a change to their fitness ability but doesn't know how to, or you are somebody that is looking for a fun way to get into better shape, then keep reading. This book presents you with information that will help you get into the shape of your life

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using the incredible sport of boxing! This beginners guide to boxing will ease you into the tough nature of boxing that will improve your fitness ability, allow you to burn off excess fat, improve self-defense, build muscles, increase confidence levels, and hopefully encourage you to take your boxing skills to a competitive level. As a qualified Boxing Coach, I have the boxing knowledge that's has been converted into this book in a way that will not be too complicated for the beginners, helping you get a real understanding of boxing. I was once a beginner too, meaning I know what it is like to start from the beginning - so if you think you need a bit of experience to get started then you are wrong. This book is suited to those who want to workout at home, because joining a boxing gym may be intimidating or too expensive for the beginners. Boxing requires absolutely no equipment to start with, although it can be helpful. I aim for this book to help you more than what meet the eye, by this I believe that boxing can help you develop a stronger mindset by increasing confidence and determination that can set you up for success in any part of life. I am proud to have watched many people change for the good through boxing and I hope that I can influence many more with this book.

This boxing handbook provides up-to-date, in-depth coaching for serious contenders. Weaving fundamental skills into a progression of drills that hone

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technique in increasingly complex, demanding, and realistic fighting situations, the handbook aids fighters in developing the reflexes of a complete boxer and teaches the move from a process-and-react mentality to one of seeing-and-reacting. Hundreds of sequential images illustrate vital steps in the progression—from proper stance, effective footwork, and range to defense and counters, the importance of angles, and creating winning strategies.

Hey! How Much Do You Bench Press? There's a reason why the bench press is the most popular lift in the gym: it lets you lift more weight and activate more muscle in the upper body than any other move. With just this one lift, you can work your deltoids, your pecs, your triceps, forearms, abdominals, and even your hand muscles. What you didn't know is bench press is also good for punching ... Wow! But what if I told you there is an exercise many trainers and experts including myself consider the “King” of exercises, would you be interested in learning? Add two more moves and you've got a complete body workout. Squat and deadlift. That's it. If you didn't know, squats target your glutes (butt), while working your quads and hamstrings and calves and doubling up on your abs. Which is good for kicking. You can never get enough work on your abs, especially when you are being kicked and punched in them for competition or in a self-defense situation, right? Now round out and wrap up your workout (and your

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backside) with the deadlift. Everything from your neck down to your calves, your whole spine and back, gets strengthened with the deadlift. With all those muscle groups being affected, you need to train correctly to maximize your gym time and your weight training time. This book is going to make sure you do just that. By understanding the following: Technique & Form Starting Weights for lifting Between repetitions and Workouts Nutrition and Food Progress on a Daily, Weekly and Monthly Basis Expectations for development and Growth In this book, Resistance Training: For Martial Artist, Mixed Martial Arts (MMA), Boxing and All Combat Fighters, I will tell you that "King" movement mentioned above and what I have learned in my 30 plus years of competing, training and teaching. I understand you may not want to be a combat sports competitor but maybe pick up one or two things to gain strength and a technique to defend yourself well it's in the book. This quick, easy-to-read book can make the difference between success and frustration. You'll know what you're doing on your first trip to the gym without suffering the insecurities many first-timers do. If you're a gym-rat, you'll pick up new tips and you'll be reassured you're reaching your goals every time you hit the gym. You can track your goals in the included guide. Click the "Buy Now" tab and let's get started! See you at the gym!

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