



The Body: BASIC BOXING AND STAND UP FIGHTING (FUNDAMENTALS WITH ILLUSTRATION GUIDE)

Ms Bonnie Carol Canino

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This book will teach you how to stand in front of your challenger, how to throw a punch, kind of punches to throw, how to step, how to hit the bags and different approaches and methods, how to work your defensive guard with preparation on wrapping and a Boxing Routine to follow to advanced your conditioning in boxing. If you want to have body building muscles go to the weight lifting gym and lift weights. If you want to have boxing muscles, read this book. Learn to hit the bags and the other condition exercise shown in this book as the bags is your weight lifting in boxing. Body building muscles slows the muscle down in reactions, response and endurance. The muscles even have more of a chance to get hurt. Certain strength weight training program is suggested to do later on for Boxing, but limited like in any sports. Here in this book 1 Body will give you a routine to work and achieve boxing muscles and concepts.



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