



Fighting Fit: Boxing Workouts, Techniques and Sparring

Doug Werner

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A boxers workout is a fantastic way to burn caloriesit is engaging, exhilarating, and effective. Going beyond jumping rope and punching the heavy bag, this guide describes intermediate and advanced boxing skills that will help anyone improve their performance in the ring. This boxing workout will help develop body and character so that athletes can get into the best shape of their lives, build self-confidence, and be winners in and out of the ring.

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