



Ultimate Guide to Weight Training for Boxing

Rob Price

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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 over 80 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!

As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

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