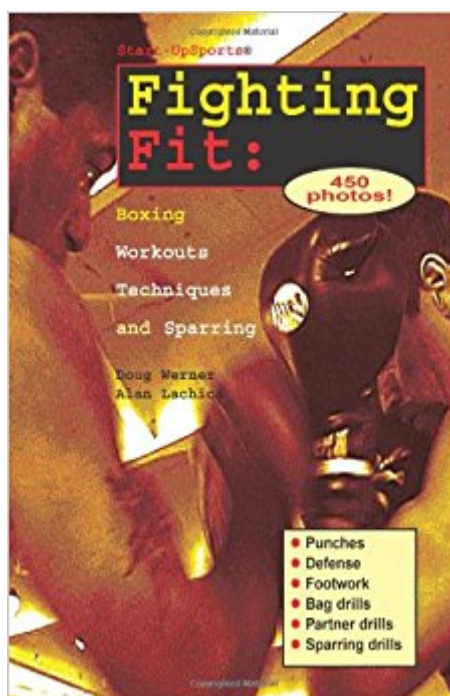


The book was found

# Fighting Fit: Boxing Workouts, Techniques, And Sparring (Start-Up Sports, Number 12)



## Synopsis

A boxer's workout is a fantastic way to burn calories; it 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.

## Book Information

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skateboarding. He lives in San Diego, California. Alan Lachica is a certified USA Amateur Boxing coach and the owner of Cross Boxing. He lives in La Jolla, California.

You can only learn so much from a book but this is a good start and has some good tips for even the more experienced fighter. The best way to learn is from a good trainer(verify their credentials). But you can learn a ton as a beginner from this book but it will only be mastered with guidance from a "qualified" trainer (I stress this because there are dozens of wannabe trainer for every real one so be careful who you choose. None will be perfect but make sure they use safe and effective techniques for training. This book should help you in determining that as well)

I really enjoyed this book. It covered everything from basic stance, how to properly wrap your hands, types of gloves/headgear to buy, all the way to how to throw punches and combinations. It really helped me get started and there was a picture just about every two pages.

Fighting Fit is Doug Werner best easy to follow book that I know of. It is a re-done of his earlier book Boxer's Start-Up: A Beginner's Guide to Boxing ,but more better photos and words. Gives more information and easy to follow photos of skills. Best to read and look at both book,Boxer's Start-Up: A Beginner's Guide to Boxing and Fighting Fit. You might not understand this book with out the other if you never read Boxer's Start Up?

Trying this program will not only make you fit but will also give you alot more confidence on the street, not looking for trouble but feel better if it finds me.

This book about boxing is a very educational experience that i will use when i go to the gym on Saturday

This book

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