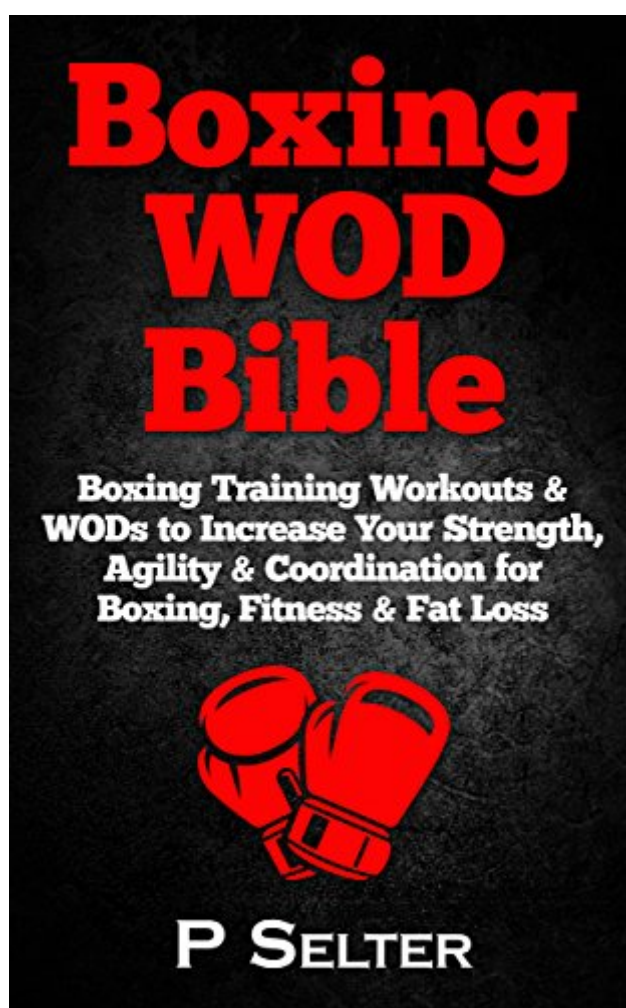


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Boxing WOD Bible: Boxing Workouts & WODs To Increase Your Strength, Agility & Coordination For Boxing, Fitness & Fat Loss



Synopsis

Build Strength, Agility, Discipline & Coordination With These Killer Boxing Workouts! By The Author Of The Original 'Cross Training WOD Bible'! Let me ask you a few quick questions – Are you tired of spending endless hours walking on the treadmill? Are you sick of following the same workout regime week after week? Are you training hard, yet struggling to see results? Do you struggle to find time to get in a proper workout? Do you want to build explosive athletic power and strength, along with unbreakable confidence and a mindset to match? If you answered 'Yes!' to any of these questions then the Boxing WOD Bible is a MUST READ! Here Is A Preview Of What The Boxing WOD Bible Contains... An Introduction To Boxing The Benefits Of These Quick & Efficient Boxing Workouts That You Need To Know The Only Equipment You Need To Have A Killer Workout Anytime, Anywhere A Brief Lesson On Boxing Technique - Including The Jab, Straight, Hook & Uppercut 50 Boxing Workouts Designed To Get You Results! Where To From Here AKA. Taking Your Training To The Next Level Much, Much More! Hurry! Download "Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss" now - shouldn't your health & fitness be your #1 priority? ----- Tags: Cross Training, WODs, WOD Bible, Build Muscle, Fat Loss, Increase Endurance, Bodyweight Exercises, Kettle Bell, Boxing Training, MMA WODs, Karate, Fitness, Martial Arts, Tactical WODs

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Customer Reviews

If you want an intense and energy boosting exercise. This book will guide you through it. Boxing is a good sport as well as burning calories. It can strengthen our stamina. Making us strong and healthy. This guide consists of effective ways and steps that you will surely enjoy to follow. Doing this to make our bodies in shape and lose weight naturally is an ideal way to us. It's an admirable book and recommended for you to have.

Great workout guide. I bought Boxing WOD Bible for my wife and it's totally kicking her butt! I love how complete the workouts are. She loves doing workout #40. The combination of burpees, pull ups, squat jumps, and air boxing leave her panting - and me with a hot wife. Definitely recommend picking this book up if you are looking for a new work-out that'll kick your butt.

When I read this book, I found itÃfÃÃ â ÑÃ â,,çs a perfect book for me because I am always a big boxing fan, I love this game and I want to learn its rules and Technics, this book have all those instructions, which are important lessons for all who wants to learn boxing, and the very best part is we donÃfÃÃ â ÑÃ â,,çt have to attend any boxing classes, itÃfÃÃ â ÑÃ â,,çs an important book and I am happy for having this helpful book, thanks.

It's okay.

It's got some decent workout suggestions and you can easily chain some together. My only complaint is that he includes workouts with a speed bag and doesn't mention needing that in the equipment.

This book is a compilation of 50 boxing themed workouts that will push you to your limits. I have started with the first few WODs and man they were a challenge! I really like the wide range of options from the numerous WODs. You won't get bored. This is a great book for people who already know what they are doing in a gym.

This book is something that is nice to have sometimes. It is lists of exercise routines. If you have a tendency to get bored with the same old thing it is nice to have a change up. But, that is all that it is, lists of exercises.

This is a very small book with limited pages and not professionally put together. There are mistakes throughout the book. Would not recommend.

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