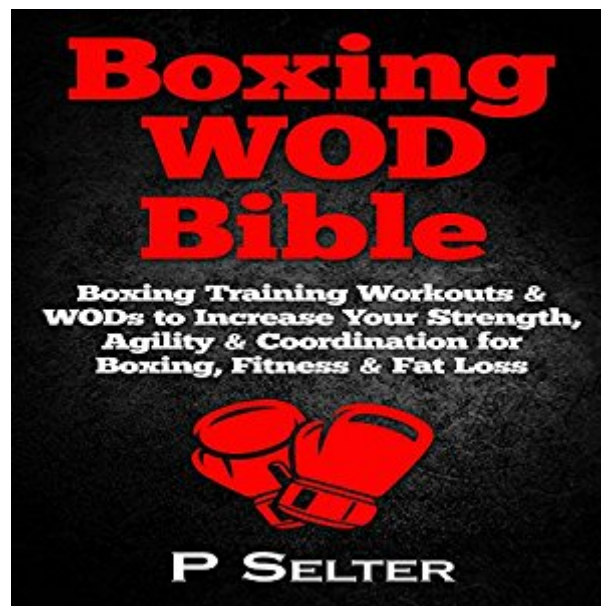


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# Boxing WOD Bible: Boxing Workouts & WODs To Increase Your Strength, Agility & Coordination For Boxing, Fitness & Fat Loss



## Synopsis

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 mind-set to match? If you answered yes to any of these questions then Boxing WOD Bible is a must-listen.

## Book Information

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#115 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness

## Customer Reviews

I bought this book wanting to both get in shape and learn boxing skills. I felt it was excellent in both areas. For those of us without access to a gym or a trainer, or without the time to access a gym or a trainer, as some have mentioned, this is the closest thing to having a trainer with you. The book uses all black and white photos which I am sure is to reduce cost, but they are quite clear and get the point across.

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.

The beauty of these boxing workouts is you don't need a full conventional gym to get your heartrate up and build that explosive strength, speed and coordination. The following equipment is all I personally use and recommend - keep in mind you can get away with more or less depending on which particular workouts you'd like to follow and depending on what equipment you have access to. You don't have to train yourself to have the form of an elite fighter to take advantage of these workouts.

Unlike traditional weight lifting workouts these boxing workouts really do get your blood pumping! A substantial increase in heartrate for the duration of the workout is to be expected - an increase in heartrate results in an increase in calories burned. The agility, strength, coordination and explosive power you will build performing these boxing workouts will transfer over into any sporting endeavours you choose to perform.

When I read this book, I found it's 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 don't have to attend any boxing classes, it's an important book and I am happy for having this helpful book, thanks.

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 book really motivated me to start up boxing, for me i have heard great things about the cardio aspect of boxing. I've already started on it and have noticed I'am getting into better shape and my confidence is going up everyday. With that being said i suggest anybody wanting to learn about boxing give this book a try, the author seems to really know his stuff.

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