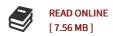




Workouts from Boxing's Greatest Champs: Incluing Muhammad Ali, Roy Jones Jr., Fernando Vargas, and Other Legends

By Gary Todd

Amorata Press. Paperback / softback. Book Condition: new. BRAND NEW, Workouts from Boxing's Greatest Champs: Incluing Muhammad Ali, Roy Jones Jr., Fernando Vargas, and Other Legends, Gary Todd, Fed by media fascination with super heavyweights like George Foreman, the perception of boxers as oversized guys with oversized muscles is simply wrong. For every weight class, strength must be carefully balanced with the ideal physique. In truth, boxer training produces a body perfectly balanced for strength, shape, speed, and stamina. The author traveled the world talking to top boxers about how they train for peak performance. Their workouts will help reshape the reader's body, and the short bios and quotes from legendary favorites will inspire readers to take their workout to the next level. This one-of-a-kind approach to the world of boxing offers readers proven tips on balancing their own physique. Want to build more strength? Follow the workout of heavyweights like Ali. Need to slim down but don't want to lose muscle? Try the program of middleweight Fernando Vargas. Want to go all out for the ultimate physical fitness? Then try to keep up with the training of pound-for-pound legend Roy Jones Jr.



Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.

-- Felicia Nikolaus

These sorts of ebook is the ideal book offered. It can be writter in simple terms rather than confusing. I discovered this pdf from my dad and i advised this publication to understand.

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