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[The Complete Guide to Boxing Fitness](#) Hilary Lissenden, 2015-01-08 A comprehensive practical guide to non-contact boxing looks at workouts in an individual group or class setting. Learn how to improve clients' body composition, heart, lung, stamina, strength, speed, coordination, balance, and flexibility. It also covers boxing training's less tangible but equally important benefits such as building confidence and self-esteem, especially relevant to schools and young people. Key features include: Fully illustrated with vibrant photographs and practical diagrams for imparting core boxing and safety techniques, e.g. wrapping clients' hands, teaching correct stance, punches, and combinations. Sample training programmes for clients of differing abilities and fitness levels with guidance on safe and appropriate progression. Relevant content on dietary and health matters. The Complete Guide to Boxing Fitness is a tried and tested unique guide to boxing skills and drills for the fitness and sporting arenas.

[The Fitness Manual](#) Marnie Peterson, The perfect eBook for women and men looking to become fitter, healthier, and lose fat. This amazing guide is chock full of great advice and tips that you can action today. Become the person that you have always wanted to be. Whether you want to do it for your partner or yourself, this book will give you the push you need in the right direction. Here is a preview of what is in this eBook: Improving Your Mindset, Attitude is Everything, Getting Back Into the Exercise Groove, Diet and Nutrition, How Many Calories Are Enough?, Tips on Avoiding Yo-Yo Dieting, Food for the Immune System, Exercises for Fitness and Fat Loss, How to Stretch and Why, Take a Walk, How to Lose Weight by Running, How to Overcome Your Dread of Running, Stronger Abs Lead to Easier Running, Don't Forget the Back for Great Abs, At-Home Exercises, More Bang for Your Gym Buck.

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