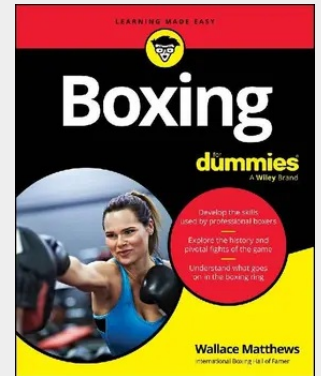


Boxing for Dummies

Learn the basics of boxing, for a total mind and body workout Boxing For Dummies is the crash course you need to start incorporating boxing into your fitness routine. You'll learn the fundamentals of this dynamic and inclusive sport, training methods to develop your skills, and beyond. Hit the gym and follow along with rope skipping, hand pad workouts, footwork drills, and total body conditioning plans. Plus, this guide covers the essentials of boxing gear, including shoes, gloves, mouthpieces, headguards, training bags—along with instructions on how to use them properly. Get started today and box your way to improved fitness and a sense of self-confidence, regardless of your age or current skill level. - Get boxing-specific workouts to develop upper-body strength and core stability - Learn proper boxing stance, footwork, and techniques for jabs, hooks, blocks, and more - Find sparring partners and join your local boxing community - Discover the mental and psychological benefits of boxing This is an essential book for anyone who wants to learn boxing basics or improve their skills and knowledge of the sport.

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