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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

Training & Conditioning, 2003 *Field & Stream*, 2008-12 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations

15 Minute Abs Workout Joan Pagano, 2008-12-01 Why waste your time with tedious gym sessions when you can get a targeted express workout with the 15 Minute Abs Workout This clever package gives you four expertly designed 15 minute abdominal workouts suitable for all levels of fitness Joan Pagano is certified in health and fitness instruction by the American College of Sports Medicine ACSM She has worked as a personal fitness trainer in New York City since 1988 providing professional guidance and support to people at all levels of fitness Through her work she has created hundreds of training programs for individuals as well as for the community at large Formerly the manager of a one on one training facility Joan now supervises her own staff of fitness specialists who work together as Joan Pagano Fitness Group She is the instructor in fitness evaluation techniques at Marymount Manhattan College and is also a nationally recognized provider of continuing education courses for fitness trainers through both the American Council on Exercise ACE and IDEA Health and Fitness Inc Joan is the author of *Strength Training for Women* DK Publishing 2004 *Strength Training Deck* DK Publishing 2006 *8 Weeks to a Younger Body* DK Publishing 2007 and *Total Body Workout* DK Publishing 2008 *Men's Health*, 2007-04 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle *Men's Health*, 2007-11 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle *People*, 2007-04

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Magazine, 2009 **XXL Mag**, 2006 Field and Stream, 2007 **Men's Health**, 2007 Forbes Bertie Charles

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