



Boxing: The Complete Guide to Training and Fitness

By Danna Scott

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For men and women--the boxing fitness guide that will put new "punch" into every workout...

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An easy-to-understand, fully illustrated guide to achieving new levels of health and fitness with the art of boxing, this is the perfect learning tool for both the novice fighter and those looking for an exciting new way to exercise. It explains in detail what every aspiring boxer needs to know, including tips on

equipment
punches and combinations
defensive skills and movement
ring strategy
boxing styles
proper training techniques
tricks of the trade
and much more

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Editorial Review

About the Author

Danna Scott has trained Golden Glove winners and national contenders as well as novices, worked in various boxing venues including Madison Square Garden, and has been featured on Lifetime Television and MSG Sports.

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