

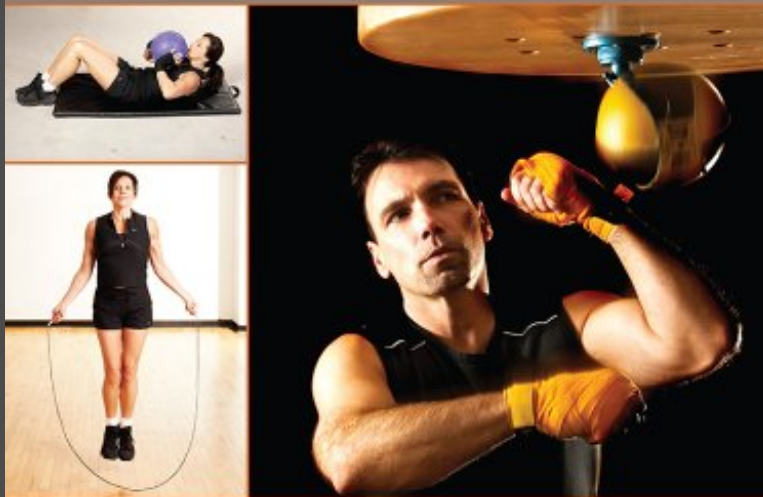
PDF | Old School Boxing Fitness: How to Train Like a Champ

by **Andy Dumas and Jamie Dumas**

OLD SCHOOL BOXING FITNESS



How to Train Like a Champ



ANDY AND JAMIE DUMAS

Foreword by **JULIO CESAR CHAVEZ** *Endorsed by the* **WORLD BOXING COUNCIL**

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If you want to look like a world-class athlete, you have to train like one, and no athletes train harder or look better doing it than professional boxers. Fitness boxing takes the best parts of a boxer's workout and combines them with more traditional exercises like running and weightlifting to create a unique workout that will help boost your stamina, strength, and agility while throwing punches.

Designed for men and women of all ages and levels of fitness, certified boxing instructors Andy and Jamie Dumas's twelve-week guide to fitness and nutrition is broken into three sections: boxing training, cardiovascular conditioning, and muscular conditioning. Easy-to-follow instructions combined with more than 200 step-by-step photographs describe all aspects of fitness boxing training, from the basics of throwing punches to the tried-and-true conditioning methods professional boxers use for their own cardiovascular and muscular development.



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