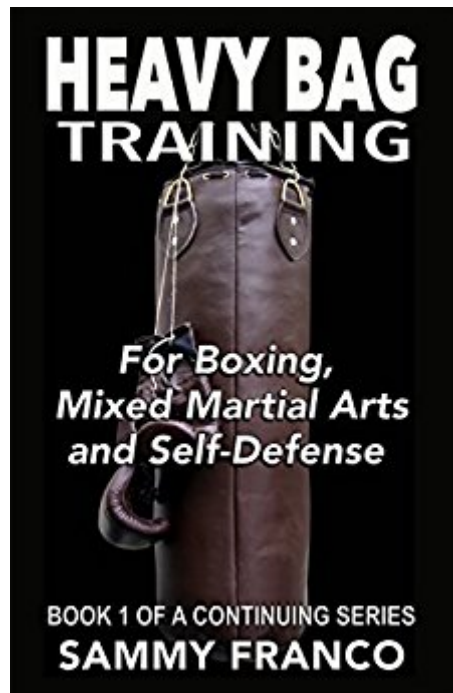


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# Heavy Bag Training: For Boxing, Mixed Martial Arts And Self-Defense (Heavy Bag Training Series Book 1)



## Synopsis

If you Own a Heavy Bag, You'll Need This Book!The heavy bag is one of the oldest pieces of workout equipment. It is regularly used by boxers, mixed martial artists, self-defense students, and fitness enthusiasts. Unfortunately, most people don't know how to properly use the heavy bag. Impatiently, they rush out to their local sporting goods store, buy a bag and begin wailing on it without a care in the world. In most cases, they are hitting it incorrectly, developing dangerous habits and possibly injuring their body.Â Get the Most Out of Your Heavy Bag Workouts!Heavy Bag Training is the first book in Sammy Franco's best-selling Heavy Bag Training Book Series. In this unique book, world-renowned martial artist and self-defense expert, Sammy Franco provides you with the foundational knowledge and skills necessary to maximize your heavy bag workouts. In this information-packed guide, you'll find the important answers to the questions about all aspects of heavy bag training. Â Topics covered in this book include:Â How to purchase a quality heavy bagÂ The benefits of heavy bag trainingHow to design your own heavy bag workout programSample time-based heavy bag workoutsHow to properly set up the heavy bagHeavy bag hanging systemsÂ Heavy bag training safety tipsEssential heavy bag gearÂ Hand wrapping techniques for intense heavy bag workoutsThe fighting stance for heavy bag trainingÂ Mobility and footwork skills during trainingÂ How to punch the bag correctlyHow to avoid hand injuries when trainingThe best hand strengthening exercises for bag workÂ The fighting ranges used during bag trainingHeavy bag kicking techniquesPunching techniquesGrappling strikes on the bagBonus: heavy bag workout tipsOver 100 Different Kicking, Punching & Grappling Striking Combinations!In Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense, you'll also learn over one hundred different kicking, punching and grappling striking combinations! If you are serious about training and want to get the most out of your heavy bag workout, then you will want to read and study this book!

## Book Information

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## Customer Reviews

I have been doing a lot of self-defense training in the past year and have really enjoyed author Sammy Franco's other books as they have taught me so much. It was suggested to me that I look into doing some heavy bag training and I have the space at home so I grabbed this guide. Franco's "Heavy Bag Training" has given me everything I need to get started and I am loving it. From advice to selecting a heavy bag, getting it set up, creating a proper work out, staying safe, wrapping your hands correctly, and all the great combinations, I couldn't have asked for a better guide.

Much like other products I've gotten from Sammy Franco, this book is heavy on basics (you can never go wrong with that - when in doubt, work the basics), yet still has a few surprises here and there for those of us that have been doing this for awhile. The workout combos in the back are worth the price of the book all by themselves.

It's been years since I hit the bag and when I had before, I didn't have any formal training or guidance, I just was hitting the bag. This book does a good job of breaking down how and why. I especially thought the training workouts were a big help. Like most of us, I tend to dive right back into a program without remembering that I'm not 23 anymore. The workout reminds me to gradually get back into the program. All in all, this a really good resource.

I really don't understand how some of the reviewers gave this book low ratings. I have been training in a variety of martial arts for over 24 years including 2-1/2 years of private boxing lessons at a legit boxing school and I found some great nuggets of information in here. Sure there is a lot of basic information in regard to what a heavy bag is, how it can be hung, do's and don'ts of training with a

heavy bag, proper stance, how to punch, etc. that is foundational and geared toward people with little or no experience but there is also information on techniques that can be used in the different ranges/distance from the bag, different workouts that can be done, and a slew of combinations that are sure to give just about anyone a good workout. I also liked the details on the three types of training that can be done on a heavy bag, how they differentiate from one another, and the purpose of each. Overall, I think this is a perfect book for someone new to heavy bag training and also has enough information for someone that is experienced to justify the purchase.

Great book for someone starting out. It has a lot of useful information and takes the guess work out of getting a productive workout. Whether you're looking to jump in the ring or are just using it for conditioning, I would recommend this book to get the most out of your heavy bag work.

I've been looking for a good book on heavy bag work. The main reason that I purchased this book was for the workouts that it has in it. I already knew how to throw a punch, just needed some guidance on a workout design. This book has it for all skill levels, and what better than to get it straight from Sammy himself.

It's a good book, but if you are looking just for boxing, like me, then it's better to skip this book...it's useful for major combat sports, but, I'm so deep involved in boxing, that are some few things useful for me...

I became interested in works by Sammy Franco some time ago. I've read a few now to familiarize myself with the field, with those in the Arena, for knowledge and for research when it comes to action writing. I just finished "Heavy Bag Training: Boxing Mixed Martial Arts Self Defense" and it is the first book that has things I can really use. ALL of the books have been useful to be thus far, but more on a theoretical level. I am not a fighter, nor do I wish to be but understanding the mindset is important for Authors and those wishing to create scenes, or for those just wanting to know more about what their friends in the MMA Arena go through mentally. This book, while still holding the high level of physical aptitude and skill, had aspects that can be approached by amateurs. I visit a gym daily, in that gym the proud punching bag sits lonesome in the back. Knowing what I know now, I am going to be donning some gloves and using that bag for a few workouts. I need to practice and possibly even see a trainer to ensure proper form, but at least now I have a head start and a firm understanding of how to use a heavy bag correctly.

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