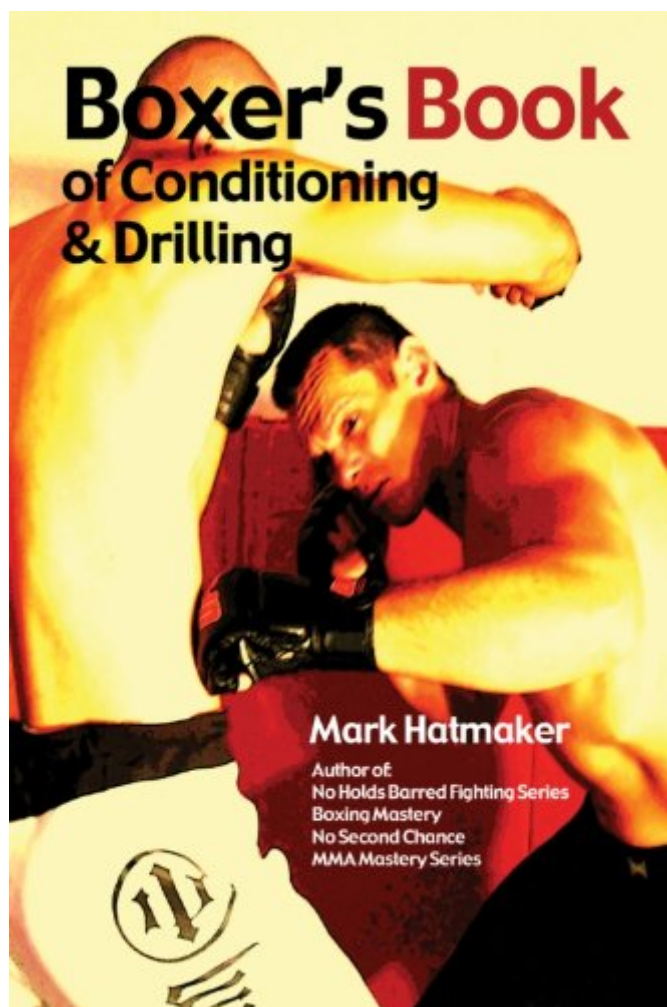


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# Boxer's Book Of Conditioning & Drilling



## Synopsis

Going beyond the standard workout for boxers, this innovative manual introduces a diverse set of training methods, integrating them into drill sets that build the athletic attributes for which past and present fighters are known. From Leroy Jones sparring with chickens and Ken Norton's 15 combined rounds of shadow boxing, sparring, and bag work to Ricky Hatton's staggering 12-round sparring bouts with a body belt and Kosta Tszu's creative tennis-ball and head-strap punching apparatus, this guide highlights a wide vocabulary of exercises, all incorporating boxing-specific equipment. The drills can be performed solo or with a partner, and each piece of equipment is approached individually with detailed descriptions of routines, including floor exercises and drills with the heavy bag, medicine ball, horizontal rope, and jump rope. With two workout menus for weight training, this guide guarantees a regime to suit any individual need; be it professional or simply a desire to train like some of the best athletes in the world.

## Book Information

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## Customer Reviews

Mark has written a fully detailed and comprehensive book for those interest in physical preparation for boxing. He outlines the "traditional" methods of training, debunks some urban legends about the old ways, and presents a varied full body conditioning program that features many of the more

modern innovative training methods. He covers areas such as "floor work" for pushing, pulling and core strength, Polymetric activities and weight training. All are complete with detailed pictures. Of course, he also has detailed information about using traditional boxing training equipment, such as shadow boxing, bag work with heavy bags, light bags (speed and double end) and focus mitts, sparring, road work, rope jumping and ring footwork. Like many of his titles, this is a well written, clear and concise "how to" guide for the serious boxer or those who might be considering training athletes for boxing. I believe if you follow his methods and training you will be ready to enter the ring when the bell sounds. I might add that this book would also be a great guide for the non-competitive fitness enthusiast that is looking for a challenging workout routine.

Took a chance with this one and paid off. Great drills and exercises with good pictures and easy instructions. Definitely a read for boxers and workout people. Cardio cardio cardio!

This is a great book and very enjoyable read. Very informative book! I have read many in my 20 some years of boxing and this one is at top of my list. I really like the tips from former Champions.

There were heaps of information available in this book that helps you improve your boxing game. I don't think you will be learning any boxing out of it (you will be confused, that's guaranteed) unless you're already familiar with boxing in all its routine. The book, in my opinion, is an in-depth analysis on various aspects of boxing training as well as debunking some of the myths surrounding certain training methods. Very useful book that helps you to put things in perspective. I'd recommend using this book as a reference to reinforce your usual boxing training in the gym. There's nothing revolutionary in the book itself but it is worth the bucks for its detailed explanation on boxing conditioning in general.

This book is pretty decent- but is lacking in one huge area- HOW to combine or schedule the workouts. It tells you a lot about different training protocols and what is contained, but I didn't see ANYWHERE where he recommends HOW to put them together- what to do on what day, for example. There's also really nothing on warming up, cooling down, or flexibility. What is frustrating, is he goes on and on about general philosophy, but never addresses the aforementioned items. However; I guess it was worth the \$4 spent.

The book covers everything from weight lifting to shadow boxing as training aids for the boxer and

also provides specific regimens for each type of training.

This book contains good instructions on how to properly conduct the drills and exercises. It provide in details new school training techniques as well as old school training methods. Just really starting to utilize the book, but thus far I am please with this item.

If you want too become a ranked boxer, this book is a great place to start.

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