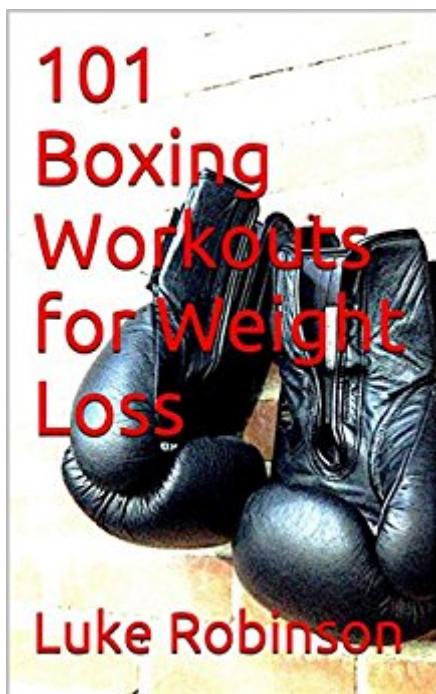


The book was found

101 Boxing Workouts For Weight Loss: Lose Weight Or Train For Your Next Fight



Synopsis

Why use boxing for weight loss? Boxing, and these workouts in particular, gives a full body workout designed to give you maximum benefit and the best results possible. Experience weight loss, and increased lean muscle mass. These workouts get you into fat burning zone, and the high intensity nature helps your body continue to burn fat and calories long after the workout is over. You will also see an increase in your endorphins, elevating your mood and helping you to think more clearly and feel energized. Each workout is different, and designed to push you into fat burning zones to help you slim down faster!

Book Information

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Customer Reviews

This article was refreshing. It went straight to the point, told you what i wanted to know and experienced in my kick boxing classes. Good job.

Fun workouts! A great way to change things up.

Good read.

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