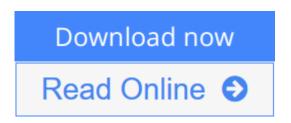


Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss

By P Selter



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Build Strength, Agility, Discipline & Coordination With These Killer Boxing Workouts!

By The Author Of The Original 'Cross Training WOD Bible'!

Let me ask you a few quick questions...

Are you tired of spending endless hours walking on the treadmill?

Are you sick of following the same workout regime week after week?

Are you training hard, yet struggling to see results?

Do you struggle to find time to get in a proper workout?

Do you want to build explosive athletic power and strength, along with unbreakable confidence and a mindset to match?

If you answered 'Yes!' to any of these questions then the Boxing WOD Bible is a <u>MUST READ</u>

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- The Benefits Of These Quick & Efficient Boxing Workouts That You Need To Know
- The Only Equipment You Need To Have A Killer Workout Anytime, Anywhere
- A Brief Lesson On Boxing Technique Including The Jab, Straight, Hook & Uppercut
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