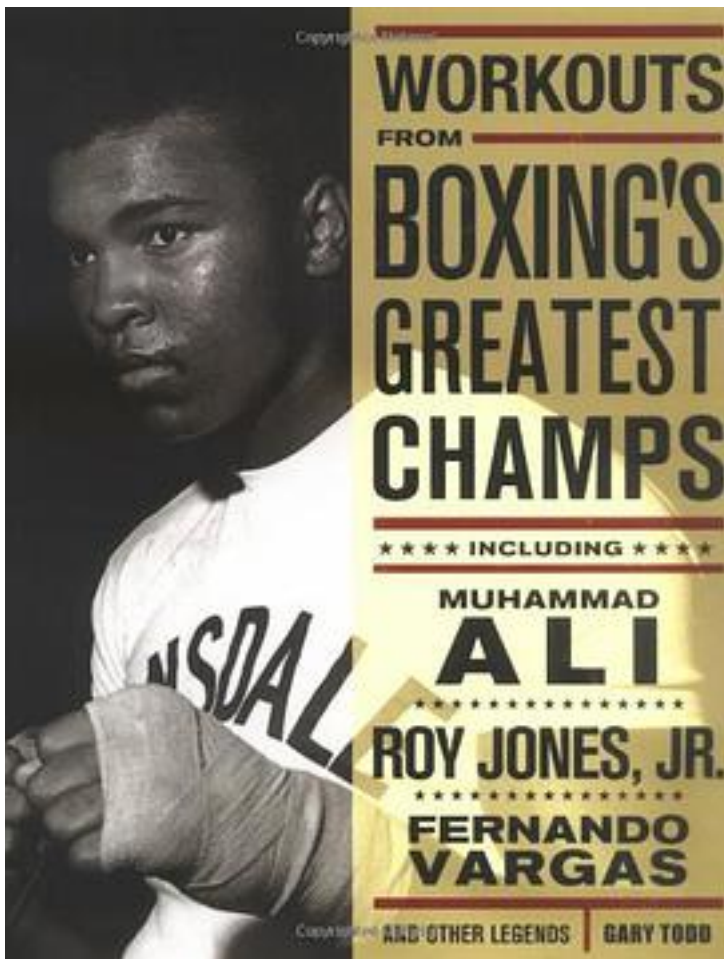


Workouts from Boxing's Greatest Champs



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Fed by media fascination with super heavyweights like George Foreman, the perception of boxers as oversized guys with oversized muscles is simply wrong. For every weight class, strength must be carefully balanced with the ideal physique. In

truth, boxer training produces a body perfectly balanced for strength, shape, speed, and stamina. The author traveled the world talking to top boxers about how they train for peak performance. Their workouts will help reshape the reader's body, and the short bios and quotes from legendary favorites will inspire readers to take their workout to the next level. This one-of-a-kind approach to the world of boxing offers readers proven tips on balancing their own physique. Want to build more strength? Follow the workout of heavyweights like Ali. Need to slim down but don't want to lose muscle? Try the program of middleweight Fernando Vargas. Want to go all out for the ultimate physical fitness? Then try to keep up with the training of pound-for-pound legend Roy Jones Jr.

作者介绍:

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