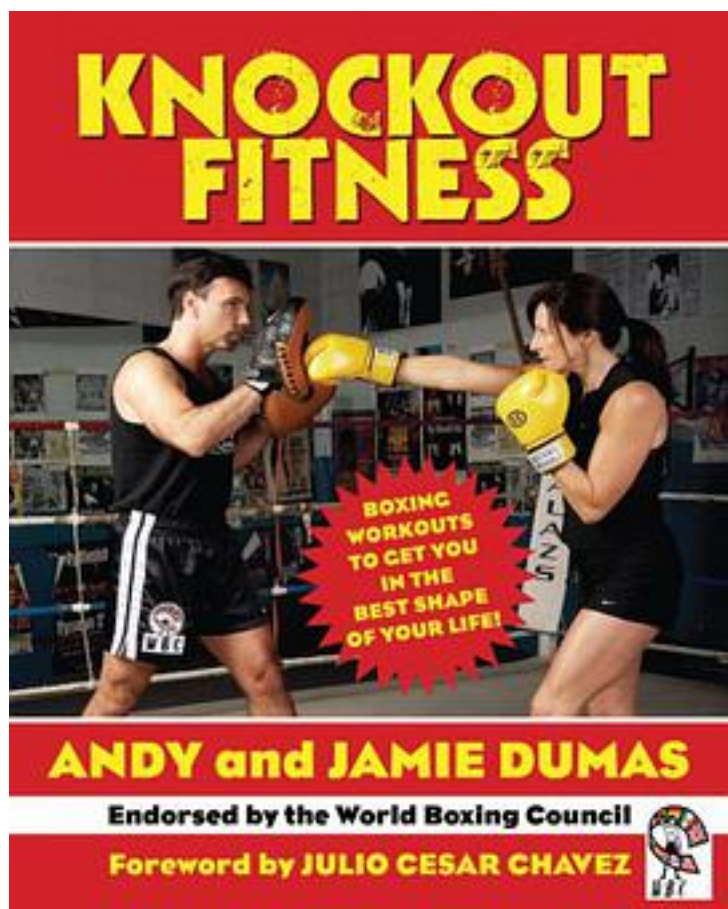


# Knockout Fitness



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著者:Dumas, Jamie

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Fully endorsed by the World Boxing Council (WBC), and featuring a foreword by world champion Julio Cesar Chavez, professional, certified boxing instructors Andy and Jamie Dumas show readers how to have fun and boost stamina, strength, and agility while throwing punches. Designed for men and women of all ages, Knockout Fitness is

a twelve-week program that seamlessly combines the best of "old-school" boxing training techniques with the latest cardiovascular and muscle-conditioning methods into an overall fitness regimen.

作者介绍:

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