

Box into Shape



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Discover the all-round mind and body benefits of boxing with an exciting programme that keeps you motivated and on your toes. Burn calories and increase cardiovascular

fitness, enhance muscle tone and flexibility, increase strength, stamina and energy levels, relieve stress, improve concentration and feel more confident. "Box into Shape" offers fun, safe exercises based on boxing and martial arts. It is suitable for all ages and levels of fitness with stuctured routines for beginners as well as more challenging variations.

作者介绍:

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