



# Ultimate Guide to Weight Training for Boxing

By Rob Price

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## Ultimate Guide to Weight Training for Boxing By Rob Price

The Ultimate Guide to Weight Training for Boxing is the most comprehensive and up-to-date boxing-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round boxing-specific weight-training programs **guaranteed to improve your performance and get you results.**

No other boxing book to date has been so well designed, so easy to use, and so committed to weight training. This book supplies you with a year-round workout program designed to **increase punching speed and power in your jabs, hooks, and uppercuts.** Following this program will raise your stamina and endurance which will result in extraordinary footwork that will have you dancing around opponents and hitting them with sharp combinations until the final bell.

Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

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### Editorial Review

#### Review

I've been a boxing trainer for 14 YEARS and have trained many top notch fighters. Your book gave me a list of specific exercises for boxing that I never new existed. My boxers are on average quicker, faster, and stronger than they have ever been before. Not only that, but they are getting these benefits without struggling to maintain their weights. Personally, I USE a lot of what you've taught me in my everyday life. --Mike S

I bought your Ultimate Guide for Boxing book a while back and have enjoyed it so much I went out and got my brother the Ultimate Guide for Golf. He is an avid golfer and if you help him half as much as you've helped me, I can see him winning states next year. Thanks! --Rob D

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#### About the Author

Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and state bench press record holder who has been featured in newspapers and magazines all over the world, including the USA Today, for his sports-training expertise. Rob is a contributing author to Golf Fitness Magazine, Swimmer's World Magazine, US Bowler Magazine, and OnFitness magazine and is the founder and head trainer of SportsWorkout.com's e-Training service. In addition to being an internationally recognized fitness expert, Rob also holds a Juris Doctorate from The Ohio State University where he was honored as one of ten Moritz Scholars.

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**Stephen Mosley:**

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