



# Boxing for Fitness: Safe and Fun Workouts to Get You Fighting Fit

*Clinton McKenzie, Hilary Lissenden*

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*A guide to using a boxer's traditional training regime to reach fitness goals.*

Boxing for fitness is a non-contact cardiovascular workout that's safe, effective and enjoyable. It is suitable for men and women of all ages and fitness levels, from novices to cross-training athletes, and it can be practiced at home as well as the gym, so it's easy to get started. And it's a powerful stress-reliever.

**Boxing for Fitness** covers all the techniques involved in a boxing fitness program and explains how to tailor it to suit individual needs. Color photographs and illustrations and step-by-step guidance help to ensure good form and maximum benefit. The core elements described in **Boxing for Fitness** are:

- Punches and combinations
- Shadow boxing
- Skipping
- Punching bags
- Circuit training
- Focus-mitt work.

McKenzie and Lissenden recommend training plans and provide sound advice on safety precautions for older and younger people and those less able. Expert tips explain how to prevent injury.

The benefits of boxing for fitness are many: weight loss, general toning, improved strength and speed, coordination, balance and flexibility. **Boxing for Fitness** is a comprehensive guide to one of the most effective and fun exercise programs to achieve these goals.

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