



Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss

P Selter

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Build Strength, Agility, Discipline & Coordination With These Killer Boxing Workouts!

By The Author Of The Original 'Cross Training WOD Bible'!

Let me ask you a few quick questions...

Are you tired of spending endless hours walking on the treadmill?

Are you sick of following the same workout regime week after week?

Are you training hard, yet struggling to see results?

Do you struggle to find time to get in a proper workout?

Do you want to build explosive athletic power and strength, along with unbreakable confidence and a mindset to match?

If you answered 'Yes!' to any of these questions then the Boxing WOD Bible is a MUST READ

Here Is A Preview Of What The Boxing WOD Bible Contains...

- **An Introduction To Boxing**
- The Benefits Of These Quick & Efficient Boxing Workouts That You Need To Know
- **The Only Equipment You Need To Have A Killer Workout Anytime, Anywhere**
- A Brief Lesson On Boxing Technique - Including The Jab, Straight, Hook & Uppercut
- **50 Boxing Workouts Designed To Get You Results!**
- Where To From Here AKA. Taking Your Training To The Next Level
- **Much, Much More!**

Hurry! Download "Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss" now - shouldn't your health & fitness be your #1 priority?

Tags: Cross Training, WODs, WOD Bible, Build Muscle, Fat Loss, Increase Endurance, Bodyweight Exercises, Kettle Bell, Boxing Training, MMA WODs, Karate, Fitness, Martial Arts, Tactical WODs

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John Silverstein:

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Alyson Ward:

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