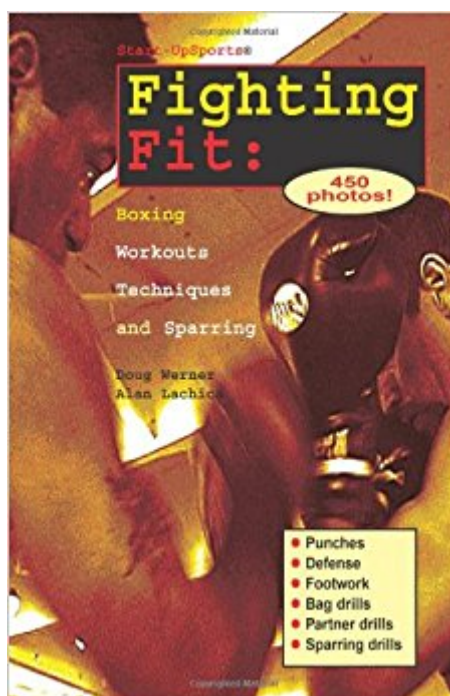


The book was found

Fighting Fit: Boxing Workouts, Techniques, And Sparring (Start-Up Sports, Number 12)



Synopsis

A boxer's workout is a fantastic way to burn calories; it is engaging, exhilarating, and effective. Going beyond jumping rope and punching the heavy bag, this guide describes intermediate and advanced boxing skills that will help anyone improve their performance in the ring. This boxing workout will help develop body and character so that athletes can get into the best shape of their lives, build self-confidence, and be winners in and out of the ring.

Book Information

Series: Start-Up Sports, Number 12 (Book 12)

Paperback: 224 pages

Publisher: Tracks Publishing (October 1, 2000)

Language: English

ISBN-10: 9781884654022

ISBN-13: 978-1884654022

ASIN: 1884654029

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 28 customer reviews

Best Sellers Rank: #205,468 in Books (See Top 100 in Books) #63 in Books > Sports & Outdoors > Individual Sports > Boxing #2915 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Boxing has become a trendy sport, popular for the thorough aerobic workout it gives and its ability to make practitioners feel physically courageous. In *Fighting Fit: Boxing Workouts, Techniques and Sparring*, Doug Werner of Start-Up Sports and Alan Lachica, a certified U.S.A. Amateur Boxing coach and former boxer, shoot straight from the hip ("We suggest you buy [protective gear] from a catalog because equipment sold by mass merchants is often crap"). They take the flash out of boxing by breaking down the sport step by step--made even easier with 450 photos--to teach newcomers correct technique and how to apply it for a proper workout. Copyright 2001 Cahners Business Information, Inc.

Doug Werner is the author of the 12-book Start-Up Sports series that includes guides on surfing, snowboarding, sailing, in-line skating, bowling, longboarding, golfing, fencing, backbiking, and

skateboarding. He lives in San Diego, California. Alan Lachica is a certified USA Amateur Boxing coach and the owner of Cross Boxing. He lives in La Jolla, California.

You can only learn so much from a book but this is a good start and has some good tips for even the more experienced fighter. The best way to learn is from a good trainer(verify their credentials). But you can learn a ton as a beginner from this book but it will only be mastered with guidance from a "qualified" trainer (I stress this because there are dozens of wannabe trainer for every real one so be careful who you choose. None will be perfect but make sure they use safe and effective techniques for training. This book should help you in determining that as well)

I really enjoyed this book. It covered everything from basic stance, how to properly wrap your hands, types of gloves/headgear to buy, all the way to how to throw punches and combinations. It really helped me get started and there was a picture just about every two pages.

Fighting Fit is Doug Werner best easy to follow book that I know of. It is a re-done of his earlier book Boxer's Start-Up: A Beginner's Guide to Boxing ,but more better photos and words. Gives more information and easy to follow photos of skills. Best to read and look at both book,Boxer's Start-Up: A Beginner's Guide to Boxing and Fighting Fit. You might not understand this book with out the other if you never read Boxer's Start Up?

Trying this program will not only make you fit but will also give you alot more confidence on the street, not looking for trouble but feel better if it finds me.

This book about boxing is a very educational experience that i will use when i go to the gym on Saturday

This book will supplement the Title Boxing DVD Series. Very informative. Great for the beginner or anyone thinking about getting into boxing for fitness or sport.

helpful

I just started reading it, but what I have read has been very informative for any beginner in the sport, or looking to use for cardiovascular fitness!

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Fighting Fit: Boxing Workouts, Techniques, and Sparring (Start-Up Sports, Number 12) Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Boxer's Start-Up: A Beginner's Guide to Boxing (Start-Up Sports series) Number Tracing Book For Preschoolers: Number Tracing Book, Practice For Kids, Ages 3-5, Number Writing Practice Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) Boxing Like the Champs: Lessons from Boxing's Greatest Fighters Shadow Boxing Secrets | How To Box | History of Boxing Boxing: The Greatest Fighters of the 20th Century: A complete guide to the top names in boxing, shown in over 200 dynamic photographs Strike Hard Strike Fast: A No B.S. Beginner's Guide to the Sweet Science of Boxing (Boxing, Fitness, Cardio, Health, Sport) The Boxing Register: International Boxing Hall of Fame Official Record Book Greatest Ever Boxing Workouts One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) CrossFit Workouts at Home - You can do these 24 workouts anywhere! Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Mental Toughness Workouts: 30 Workouts To Forge Your Mind & Body To Greater Heights HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Speed Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed

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