



How to Master Boxing... Fast! (Let's Get Physical Series Book 6)

Ray James

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“How to Master Boxing ... Fast!” is for anyone who wants to know more about boxing and how to improve their skill and technique in the ring, so they win more fights.

Boxing is a popular sport across the world and is even included in the Olympic and Commonwealth games. Being popular with people from all walks of life it can take a lifetime to master its intricacies. This book provides you with practical information designed to help you improve your skill as a boxer and help you to do better in the ring.

When you read this book you will get practical tips and pointers to help you learn more about boxing, helping you to improve your technique and helping you to get more from the sport and win more often.

In “How to Master Boxing ... Fast!” you will discover:

- The Benefits of Boxing – even if you don’t compete in boxing it still has a great many benefits for you, with many people using the exercise as an effective workout, helping them to get fitter and healthier
- Conditioning and Workouts – learn how to condition your body and the workouts required to improve your strength and speed as well as some of the strategies for winning a match
- Basic Boxing Stance – mastering the basic stance is fundamental to being a good boxer so you will learn exactly how to use this stance so that you are in the optimal position for attack and defence
- Basic Boxing Footwork – find out why footwork is so important to the boxer and how you can master some of the basic footwork techniques so that you minimize your energy expenditure and maximize your opportunity of winning
- Common Strikes – discover some of the common strikes used in boxing and exactly how to perform them in the best possible way
- Blocking Punches – a very important skill for you to learn is to get through a round, so learn exactly how to block punches and keep your opponent from striking you
- The Best Defensive Technique – learn what the best defensive techniques are and how to determine which techniques to use against which opponent, in order to maximize your chances of winning
- The Boxer’s Diet – find out what a successful boxer should be eating and the nutrition they need to ensure they are in optimal condition for being in the ring
- Foods to Avoid – certain foods will impact your performance in the ring, so discover the foods you should be avoiding if you want to be a great boxer

- Training Tips – discover some practical and effective tips designed to help you make the most of your practice time to speed your improvement
- Punching Tips – some very useful tips designed to help you to punch effectively, giving you the best opportunity of taking your opponent down
- Defensive tips – more great advice to help you stop your opponent from landing a punch on you, helping you to find opportunities to strike back

Boxing is an enjoyable sport practised by people across the world and enjoyed by large audiences. By practising effectively and being prepared you can improve your technique, which means you will get more from boxing and win more often.

Enjoy learning more about boxing as “How to Master Boxing ... Fast!” explains all about how you can master this exciting and popular sport. Discover today how you can improve your boxing technique and do better in the ring!

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