

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

*By 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!**

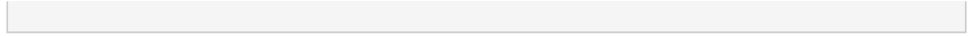
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