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Heavy Bag WOD Bible: 120 Heavy Bag Striking Workouts For Power, Conditioning & Self-Defense

P Selter

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Over 120 KILLER Heavy Bag Workouts That'll Burn Fat, Build Strength & Toughness! Sick Of Conventional Cardio? Use These Workouts To Build Discipline, Strength & Intenstinal Fortitude *Regardless of your age or current fitness level these heavy bag workouts will build strength, burn fat and increase your mental toughness while also crafting your self defence skills...* Here's A Preview Of What This Book Contains...

- **An Introduction To Boxing & The Heavy Bag**
- The Big Benefits Of Training With The Heavy Bag (Must Read!)
- **Rules Of The Heavy Bag - Ensuring You Train Right & Prevent Injuries**
- How To Throw A Punch The Right Way
- **Acronymns & How To Read Your Workout Correctly**
- Cross Training Base Exercises Explained
- **Over 120 Heavy Bag Based WODs (Workouts)**
- For Time Heavy Bag Workouts That'll Have You Racing Against The Clock
- **Gruelling Every Minute On The Minute Heavy Bag Workouts That'll Put You Through Your Paces**
- Round Based Heavy Bag Workouts That'll Increase Your Strength, Endurance & Mental Toughness
- **And Much, Much More!**

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