



The Complete Guide to Boxing Fitness: A non-contact boxing training manual (Complete Guides)

Hilary Lissenden

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A comprehensive, practical guide to non-contact boxing - looks at workouts in an individual, group or class setting. Learn how to improve clients' body composition, heart-lung stamina, strength, speed, co-ordination, balance and flexibility. It also covers boxing training's less tangible but equally important benefits such as building confidence and self-esteem ? especially relevant to schools and young people.

Key features:

- * Fully illustrated, with vibrant photographs and practical diagrams for imparting core boxing and safety techniques (e.g. wrapping clients' hands; teaching correct stance, punches and combinations)
- * Sample training programmes for clients of differing abilities and fitness levels, with guidance on safe and appropriate progression
- * Relevant content on dietary and health matters.

The Complete Guide to Boxing Fitness is a tried-and-tested, unique guide to boxing skills and drills for the fitness and sporting arenas.

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