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J.D. Roth



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Fitness Hilary Lissenden, 2015-01-08 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, coordination, 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 include: 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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