



Fitness Boxing

Andreas Riem, Michael Kleymann



Descargar



Leer En Linea

Fitness Boxing Andreas Riem, Michael Kleymann

This superbly illustrated volume introduces readers to the acclaimed 'Move and Box' training system - a unique fitness boxing program that helps improve physical harmony, suppleness, movement, co-ordination, reactions, and overall well-being. "Fitness Boxing" provides a complete exercise regime, from proper warm-up techniques to cool-down exercises and stretches, all accompanied by easy-to-follow photographs - everything you need to start enjoying a healthier, revitalized and invigorated you. This volume also includes brief exploration of the history of boxing, and an explanation of the principal techniques used in the sport.



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120 pages

About the Author

Andreas Riem is a master kickboxer, and a highly respected and successful coach and trainer. Michael Kleymann is a sports journalist with more than 30 years of experience, as well as avid boxer and kickboxer.

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