



The Gleason's Gym Total Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover

Hector Roca, Bruce Silverglade

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Defined arms; sleek shoulders; flat, tight abs; lean, firm legs -- this is the shape that women want to get from their workouts. World-renowned trainer Hector Roca and owner Bruce Silverglade bring Gleason's Gym's boxing secrets to your home with *The Gleason's Gym Total Body Boxing Workout for Women*, outlining a step-by-step program that gets any woman into knockout shape -- fitter, faster, and firmer than ever in just four weeks!

Boxing is not only a dynamic fitness program but also a powerful addition to other fitness routines. Using unique combinations of muscle groups and both aerobic and weight training movements, boxing works out the entire body at one time. You'll lose weight; build lean, toned muscle; improve cardiovascular fitness; and feel physically and emotionally stronger all at once.

Roca and Silverglade break down all the boxing basics, from how to make a fist and how to stand, to more advanced boxing moves and various ways of jumping rope and include a nutritional plan to maximize results. *The Gleason's Gym Total Body Boxing Workout for Women* offers the ultimate workout for women who want to look their best, feel their best, and be their best.

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Madeline Wayt:

Book is definitely written, printed, or descriptive for everything. You can realize everything you want by a publication. Book has a different type. As we know that book is important thing to bring us around the world. Beside that you can your reading ability was fluently. A book The Gleason's Gym Total Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover will make you to always be smarter. You can feel considerably more confidence if you can know about every little thing. But some of you think that will open or reading any book make you bored. It is far from make you fun. Why they might be thought like that? Have you seeking best book or suited book with you?

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Mike Gray:

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try factor that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The Gleason's Gym Total Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover, you may enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its referred to as reading friends.

Kerstin Torres:

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