

# Heavy Bag Training: Boxing - Mixed Martial Arts -Self Defense (Paperback)

## By Sammy Franco

Contemporary Fighting Arts, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.IF YOU OWN A HEAVY BAG, YOU NEED THIS BOOK! The heavy bag is one of the oldest pieces of workout equipment. It is regularly used by boxers, mixed martial artists, self-defense students, and fitness enthusiasts. Unfortunately, most people don t know how to properly use the heavy bag. Impatiently, they rush out to their local sporting goods store, buy a bag and begin wailing on it without a care in the world. In most cases, they are hitting it incorrectly, developing dangerous habits and possibly injuring their body. GET THE MOST OUT OF YOUR HEAVY BAG WORKOUTS! Heavy Bag Training for Boxing, Mixed Martial Arts and Self-Defense is the first book in Sammy Franco s best-selling Heavy Bag Training Book Series. In this unique book, worldrenowned martial artist and self-defense expert, Sammy Franco provides you with the foundational knowledge and skills necessary to maximize your heavy bag workouts. In this information-packed guide, you II find the important answers to the questions about all aspects of heavy bag training. Heavy Bag Training covers the following essential topics: How to purchase a quality heavy...



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