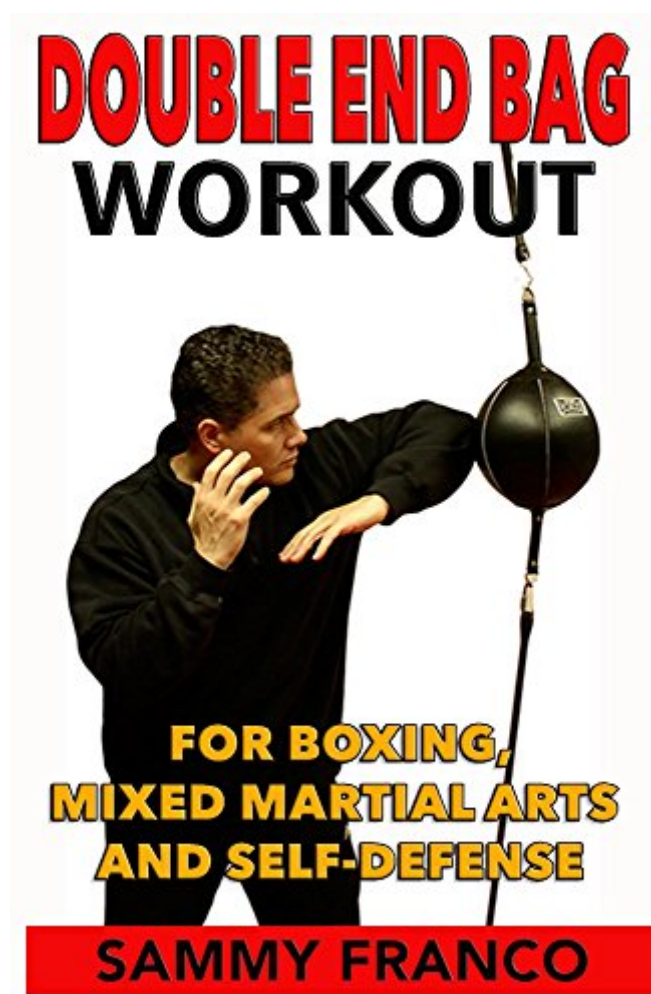


The book was found

# Double End Bag Workout: For Boxing, Mixed Martial Arts And Self-Defense



## Synopsis

A Must-Have Book for Anyone Who Wants to Learn the Double End Bag Double End Bag Workout is a comprehensive training guide to mastering the double end bag. This one-of-a-kind book will help you achieve maximum performance in a variety of activities including: Boxing training Mixed martial arts Kickboxing Self-Defense Fitness Build Legendary Punching Speed Many top-level coaches and trainers will tell you double end bag is one of the best pieces of boxing equipment for developing blistering punching speed and cat-like reflexes. But, the double end bag is also frustrating and difficult to master. The good news is, all of this is about to change! With over 200 detailed photographs, clear illustrations, and easy-to-follow instructions, *Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense* has everything you need to start training immediately. 30+ Years of Expert Training Advice Double End Bag Workout is based on Sammy Franco's 30+ years of research, training and teaching both martial arts and boxing. He has taught these unique double end bag skills to thousands of his students and now he's put them down in this in-depth book. DOUBLE END BAG WORKOUT HAS: Purchasing tips and suggestions Setting up the bag (including proper height, air pressure and cable tension) Double end bag training gear (bag gloves, boxing gloves, hand wraps, round timers) Stance and Footwork skills Punching techniques Double end bag punching combinations Solo and partner workout programs Hundreds of training tips And much, much, more Double End Bag Training for Every Skill Level! Double End Bag Workout also has beginner, intermediate and advanced workout routines that improve your speed, timing, accuracy, attack rhythm, and endurance. Whether you're an elite fighter or a complete beginner, this comprehensive book will take your boxing workout to the next level and beyond!

## Book Information

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## Customer Reviews

Good book for beginners to the double-ended bag. For the price it was worth the couple bucks for the ah-ha moments the quick read gave.

GREAT BOOK ON THE DEB IT WILL GIVE ALOT OF INFO TO INCREASE YOUR TIMING AND SPEED

Excellently done

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