



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
BOXING

second edition



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Part I



**Boxing
Specific
Training**

***With Weight Training, Knowledge is the
Key to Success***

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Boxing*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round boxing-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

Boxers today train with weights much more frequently than boxers of previous generations. Because of this, boxers are stronger and quicker on average than they have ever been in the history of the sport. Undisciplined weight training however, will not help boxers in the ring. Improper training can cause boxers to become too bulky and stiff to remain quick and effective. Boxing-specific weight training is the only way to get the results you are looking for and this book provides you with exactly that.

The most important part of this book is the boxing-specific weight-training program itself, which begins on page 15. It was created for one reason and one reason only; to improve your boxing potential. It does this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for boxing. The program was designed to supply you with the advantage you will need to outperform, overpower, and out-quick your opponents. By following the program, you will build your muscles with strength and endurance as well as explosion, power, and agility. When called upon, you will be physically prepared and mentally ready to compete at the highest of your potential.