



# Fitness Boxing

*Andreas Riem, Michael Kleymann*

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**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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