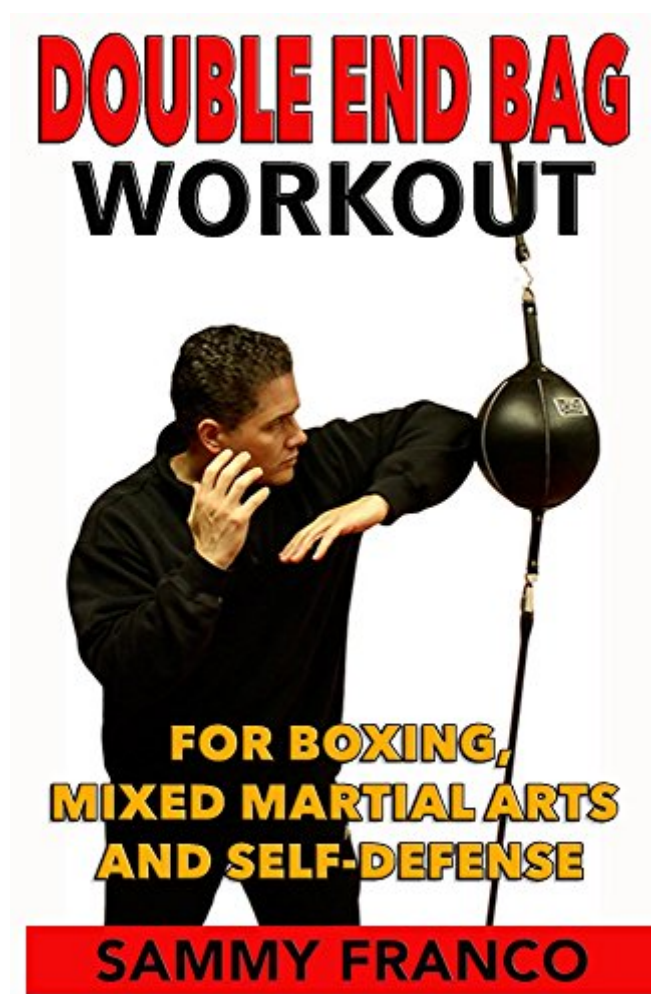


The book was found

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

File Size: 4390 KB

Print Length: 260 pages

Publisher: Contemporary Fighting Arts, LLC (November 15, 2015)

Publication Date: November 15, 2015

Sold by: *Double End Bag* Digital Services LLC

Language: English

ASIN: B0182SIXHI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #254,751 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #54

in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #122 in Books >

Sports & Outdoors > Individual Sports > Boxing

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

[Download to continue reading...](#)

Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series) (Volume 1) MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) Moderato Cantabile (Minuit "Double") (French Edition) (Minuit "Double") (Minuit "Double") (Minuit "Double") (Minuit "Double") (Minuit "Double") Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Krav Maga: Dominating

Solutions to Real World Violence (Krav Maga, Self Defense, Martial Arts, MMA, Home Defense, Fighting, Violence) Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Cute & Clever Totes: Mix & Match 16 Paper-Pieced Blocks, 6 Bag Patterns – Messenger Bag, Beach Tote, Bucket Bag & More Heavy Bag Combinations: The Ultimate Guide to Heavy Bag Punching Combinations (Heavy Bag Training Series Book 2) Training for Warriors: The Ultimate Mixed Martial Arts Workout Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection) Martial Arts for the Mind: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Women: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts) Martial Arts for Children: Essential Tips, Drills, and Combat Techniques (Martial and Fighting Arts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)