



# **The Gleason's Gym Total Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover**

*Hector Roca, Bruce Silverglade*

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**Defined arms; sleek shoulders; flat, tight abs; lean, firm legs** -- this is the shape that women want to get from their workouts. World-renowned trainer Hector Roca and owner Bruce Silverglade bring Gleason's Gym's boxing secrets to your home with *The Gleason's Gym Total Body Boxing Workout for Women*, outlining a step-by-step program that gets any woman into knockout shape -- fitter, faster, and firmer than ever in just four weeks!

Boxing is not only a dynamic fitness program but also a powerful addition to other fitness routines. Using unique combinations of muscle groups and both aerobic and weight training movements, boxing works out the entire body at one time. You'll lose weight; build lean, toned muscle; improve cardiovascular fitness; and feel physically and emotionally stronger all at once.

Roca and Silverglade break down all the boxing basics, from how to make a fist and how to stand, to more advanced boxing moves and various ways of jumping rope and include a nutritional plan to maximize results. *The Gleason's Gym Total Body Boxing Workout for Women* offers the ultimate workout for women who want to look their best, feel their best, and be their best.



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Precisely why? Because this The Gleason's Gym Total Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will jolt you with the secret that inside. Reading this book beside it was fantastic author who all write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of rewards than the other book include such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I had been you I will go to the reserve store hurriedly.

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