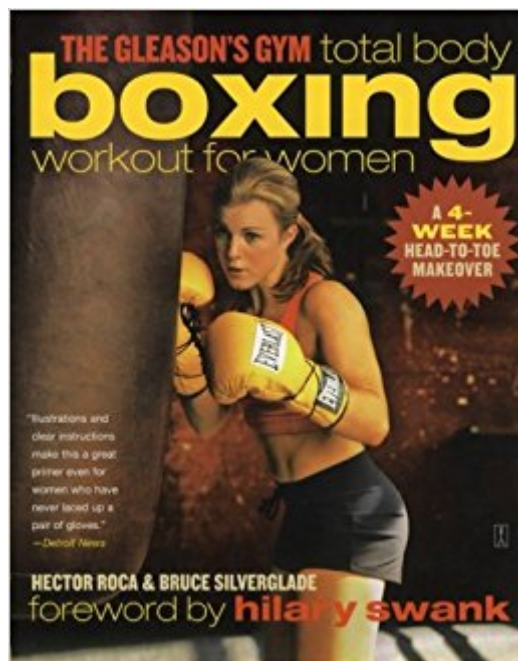




Ebook Directory
the best source of ebook

The book was found

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



Synopsis

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.

Book Information

Paperback: 256 pages

Publisher: Touchstone; Reprint edition (May 1, 2007)

Language: English

ISBN-10: 074328688X

ISBN-13: 978-0743286886

Product Dimensions: 7.4 x 0.7 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 35 customer reviews

Best Sellers Rank: #623,803 in Books (See Top 100 in Books) #237 in [Books > Sports & Outdoors > Individual Sports > Boxing](#) #1572 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #7908 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#)

Customer Reviews

"Gleason's Gym is an icon in the world of boxing, and Hector Roca is one of the best trainers in the nation. I'm sure that any woman who follows the program outlined in this book will get into the condition she's looking for. Follow it, learn it, put the gloves on, get in the ring, and look great." -- Michael Thurmond, author of *6 Day Body Makeover*

"Illustrations and clear instructions make this a great primer even for women who have never laced up a pair of gloves." -- Detroit News

Hector Roca is an icon in the boxing world, most recently named the number one Spanish-speaking trainer in the world by International Boxing Digest. Roca is a former two-time Olympic cyclist from Panama. He has coached thirteen World Champions and trained Hilary Swank for her Oscar-winning role in Million Dollar Baby. Bruce Silverglade is the president and owner of Gleason's Gym since 1983. He has served as the president of the Metropolitan Amateur Boxing Federation, chairman of the National Junior Olympic Committee, and member of the National Selection Committee.

I found this book to be well done. It has a 4-week workout schedule with three workouts per week. I am on the third week and not only are my arm muscles developing, but they glow when I finish a workout and I feel great. This is a full-body workout - you don't stand still and push your arms around. In addition to 3-minute round-style combo punches and defense, you jump rope and do strength exercises (push ups, crunches, flutter kicks). The instruction is well-illustrated and the book does a great job of motivating you. This can be an intense workout, but you'll feel stronger after each one. You really need to put your all into the workout - no half-hearted punches, and no cheating!! I purchased this book to start boxing for fitness, and I love it. These are actual punches and combos you could take to the ring someday, if you wanted. I also purchased a DVD boxing video and I find myself drifting off and going back to this book because it encourages you to practice numerous combos and come up with your own unique workout, not a boring jab, jab, right, hook, repeat 10 times. Get a pair of gloves (mine are pink), pick up this book, and really work off the pounds.

I ordered this book because I started boxing 7 months ago and I wanted to take my training to a new level. I really like how this book is written and the explanations it gives on not only the techniques but the training. It lists it day by day and makes it easy to follow. The book is easy to read and provides a lot of great information.

Book was made well and nice looking, but I never did have time to get into it. So after 3 years I got rid of it.

Not really what I was expecting. Thought it would be a lot more moves and examples of moves didn't really expect the background of how the gym started. Sorry that's interesting if that's what you

want just not what I wanted.

This is the best boxing book I've found. It has everything in detail! The only problem...once you finish the entire work out, there's nowhere else to go! No further information or instruction! I'd love a sequel! :) Their suggestion is to go to a gym. But where that's not possible it was just frustrating to get to the end of their workout and really not know where to go next with it.

Gleason's is the Mecca of boxing and anything they endorse is worth a look, my daughters are facinated by boxing now and I want to set them off on the right foot. The format is easy to follow and the techniques are well illustrated. To prove it works my girls are doing the drills on their own and both have lost over 5 pounds in the last month.

This book was fantastic, it helped guide me to figuring out that boxing was the sport for me and has really helped open door ways to other faucets of boxing and training that have bettered my self, emotionally, physically and spiritually. It's easy to read, easy to follow and the exerts of insight are phenomenal.

Just rec'd this book the other day and I'm impressed by all of the good information. Although highly detailed I did find myself looking at YouTube videos for visual examples of hand wrapping, bobbing & weaving, and other techniques that a person like me really needs to "see." I've got my gloves and wraps but I wasn't aware that I'd need a jumprope so I can't start the program yet. Once I do, I'll update but for now, I just love the detail and ease of following the program in the book.

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

The Gleason's Gym Total Body Boxing Workout for Women: A 4-Week Head-to-Toe Makeover Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) 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) Come Out Swinging: The Changing World of Boxing in Gleason's Gym 100+ Word Fill In Puzzle Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss No Gym Weight Loss: A Simple, Easy & Proven Guide to Build the Body of Your Dreams with No Gym & No Weights

Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) The Everything KIDS' Human Body Book: All You Need to Know About Your Body Systems - From Head to Toe! The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Head Lice (Head-To-Toe Health) Bob Greene's Total Body Makeover: An Accelerated Program of Exercise and Nutrition f Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Boxing Like the Champs: Lessons from Boxing's Greatest Fighters Shadow Boxing Secrets | How To Box | History of Boxing Boxing: The Greatest Fighters of the 20th Century: A complete guide to the top names in boxing, shown in over 200 dynamic photographs

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)