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Knockout Fitness: Boxing Workouts to Get You in the Best Shape of Your Life

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Fully endorsed by the World Boxing Council (WBC), and featuring a foreword by world champion Julio César Chávez, professional, certified boxing instructors Andy and Jamie Dumas show readers how to have fun and boost stamina, strength, and agility while throwing punches. Designed for men and women of all ages, *Knockout Fitness* is a twelve-week program that seamlessly combines the best of "old-school" boxing training techniques with the latest cardiovascular and muscle-conditioning methods into an overall fitness regimen.

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