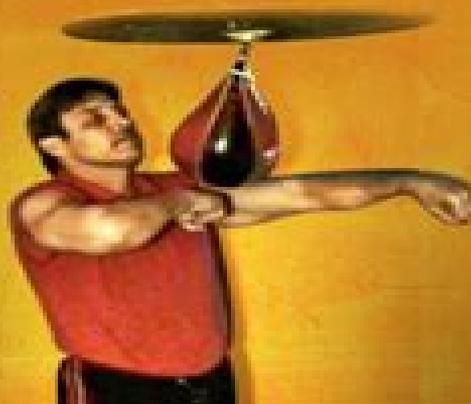
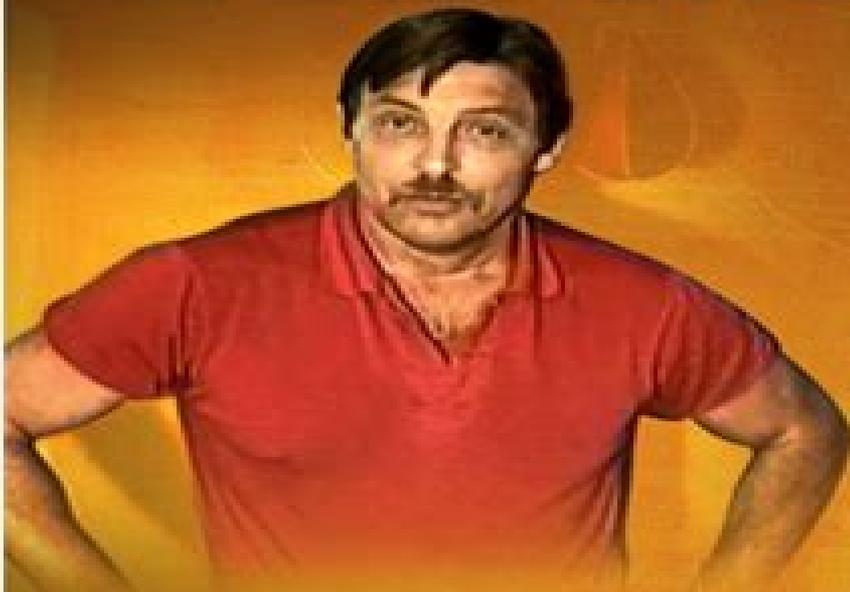


# THE SPEED BAG BIBLE

ALAN KAHN



# Speed Bag Bible

**Albert A Gayle**



## **Speed Bag Bible:**

The Speed Bag Bible Alan H. Kahn,1995-05 A complete and comprehensive training manual on how to use the Speed Bag as a unique fitness workout Written for beginners to advanced users it includes equipment and information on punching techniques

**Boxer's Book of Conditioning & Drilling** Mark Hatmaker,2011-10-01 Going beyond the standard workout for boxers this innovative manual introduces a diverse set of training methods integrating them into drill sets that build the athletic attributes for which past and present fighters are known From Leroy Jones sparring with chickens and Ken Norton s 15 combined rounds of shadow boxing sparring and bag work to Ricky Hatton s staggering 12 round sparring bouts with a body belt and Kosta Tsyu s creative tennis ball and head strap punching apparatus this guide highlights a wide vocabulary of exercises all incorporating boxing specific equipment The drills can be performed solo or with a partner and each piece of equipment is approached individually with detailed descriptions of routines including floor exercises and drills with the heavy bag medicine ball horizontal rope and jump rope With two workout menus for weight training this guide guarantees a regime to suit any individual need be it professional or simply a desire to train like some of the best athletes in the world

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