

Workouts from Boxing's Greatest Champs: Incluing Muhammad Ali, Roy Jones Jr., Fernando Vargas, and Other Legends (Paperback) -

Common

By (author) Gary Todd



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The author traveled the world talking to top boxers, such as Muhammad Ali, about how they train for peak performance. This one-of-a-kind approach to the world of boxing offers readers proven tips on balancing their own physique.

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