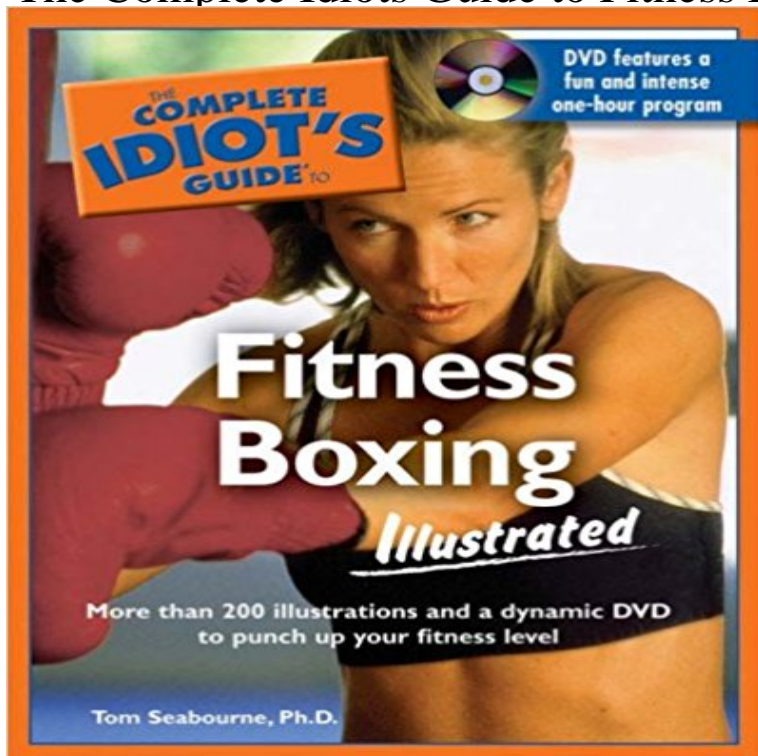


# The Complete Idiots Guide to Fitness Boxing Illustrated



Fitness boxing is one of the hottest workout trends across America, with over 10,000 health clubs featuring fitness boxing and boxaerobics programs. But what is fitness boxing, exactly? Its an exercise program that uses aspects of professional boxing training and aerobics to build strength and confidence, and of course, burn calories. And, its funespecially with a partner. This is the only book of its kind to lead the reader through each dynamic stage of fitness boxing. From stretching and jumping rope to sit ups, toning, and leg work, to each kind of punch and their combinations, expert Tom Seabourne puts it all together in this knockout of a fitness title. And, to make it even easier, he and two of his students demonstrate the program on a professional 30- minute DVD, produced for and packaged exclusively with this title.

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