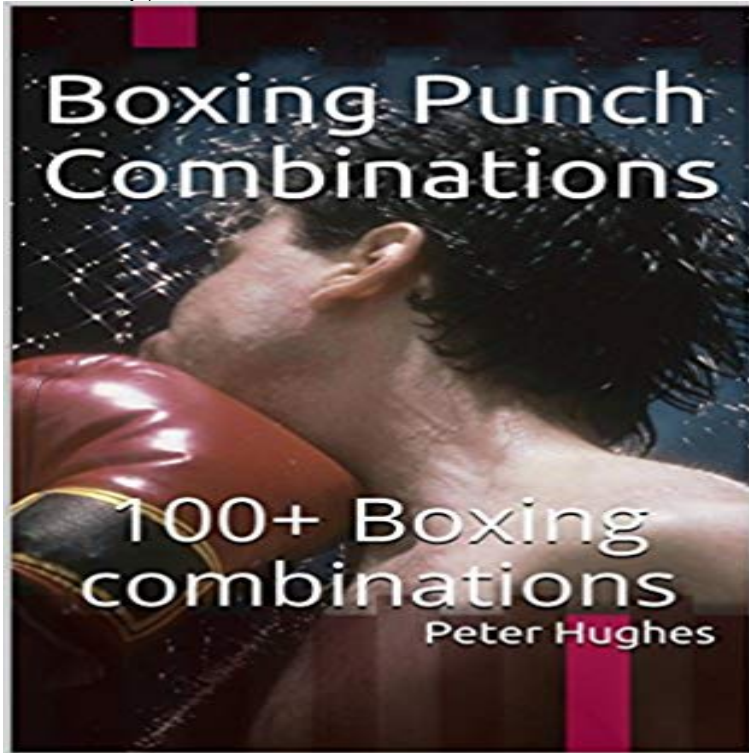


Boxing Punch Combinations: 100+ Boxing combinations



****Read for free with Kindle Unlimited*** This is a reference book that simply contains hundreds of boxing combinations. It is suitable for those who are already familiar with boxing terms as over 90% of the content is just listed boxing combinations. Inside there are several sets for each combination that target the head and the body. There is a huge amount of variety that you can start to use in your boxing workout. Alternate Hands - Starting with a Jab and cross, 8 sets of combinations Alternate Hands - Starting with a Cross, Double Jab - Combinations starting with a double jab, Double lead hand - Combinations starting with a Jab, lead hook and jab, lead uppercut, 5 sets Jab, Cross Variations - Starting with a Jab, Cross, defense then powers shots , 8 Sets Lead hook combinations - Starting with a lead hook, 4 sets Lead Uppercut Combinations - Starting with a lead uppercut Rear Uppercut combinations 4 sets Six punch combination # 1 A six punch combination and a further 6 sets of variations Six punch combination # 2 second six punch combination and its many variables, 6 sets Six punch combination # 3 Third six punch combination and its many variables, 6 sets Six punch combination # 4 Fourth six punch combination and its many variables, 6 sets

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