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"HOW-TO-BOX"
SHADOW BOXING
How To Feet Work?
How To Punch?
How To Box?



WARNING: The Information in here has
been used for over 100 years by some of the Best
Fighters of all time! Be Careful!



Synopsis

Learn To Shadow Box.Increase Feet Work.Learn "flow striking."This book has taught people over 100 years on how to Shadow Box.And now you can get it for less than the price of a cup of coffee.

Book Information

File Size: 9281 KB

Print Length: 50 pages

Publication Date: January 3, 2013

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00AWOP392

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #386,879 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #90

inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #228

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