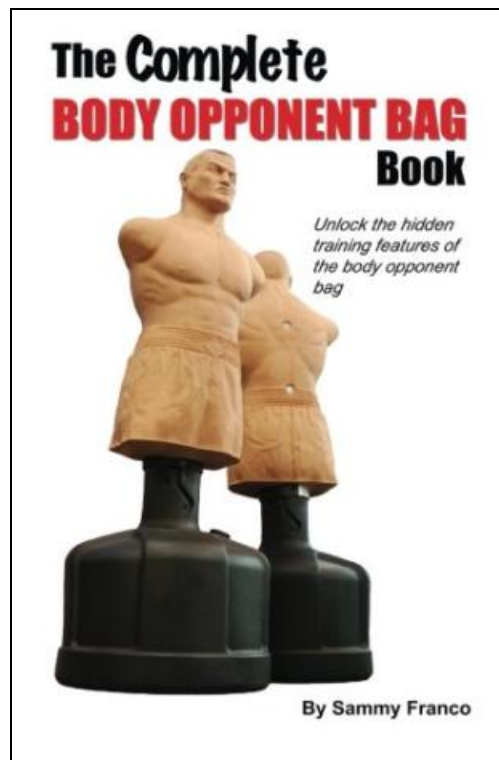


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Reviews

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(Prof. Mauricio Howe III)

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Contemporary Fighting Arts, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.GET THE MOST OUT OF YOUR BODY OPPONENT TRAINING BAG The Body Opponent Bag or BOB is a one-of-a kind freestanding punching bag used by martial artists, self-defense students, fitness enthusiasts and men and women of all ages. Unfortunately, most people don't know how to unlock the hidden training features of this unique workout bag. In this one-of-a-kind book, world-renowned martial arts expert, Sammy Franco teaches you the many hidden training features of the body opponent bag (BOB) that will improve your self-defense skills and accelerate your fitness and conditioning. THE BODY OPPONENT BAG DEVELOPS: SpeedTimingCoordinationPunching and kicking accuracyEnduranceTarget distancingMuscle toneCardiovascular conditioningAnger managementAnd much more. THIS BOOK WILL TEACH YOU: Benefits of body opponent trainingSetting up the BOBMoving the BOBSafety tipsBody opponent bag training gearProper hand wrapping techniquesInjury free punching techniquesHand, wrist, and forearm trainingFighting stancesMobility and footworkBody opponent bag targetsKicking techniquesPunching techniquesGrappling techniquesThree training methodologies (proficiency, conditioning, and street training)Time-based workoutsPunching and kicking combinationsWeapons training on the BOBBOB grappling drillsGround fighting with BOBDozens of workouts that will challenge you for years to comeAnd much, much more UNLOCK THE HIDDEN TRAINING FEATURES OF THE BODY OPPONENT BAG! With detailed photographs, step-by-step instructions, and dozens of unique workout routines, The Complete Body Opponent Bag Book is the authoritative resource for mastering this lifelike punching bag. Whether you are a beginner, intermediate or advanced practitioner, The Complete Body Opponent Bag Book is an invaluable training resource that you'll refer to again and again.



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