



Successful Boxing: The Ultimate Training Manual

Andy Dumas, Jamie Dumas

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The ultimate training manual for aspiring boxers, with inspiration and advice from world champions Juan Manuel Marquez, Sergio Martinez, Saul Alvarez, and Julio Cesar Chavez, Jr.

An indispensable resource for both new and seasoned fighters, this book is filled with tips and suggestions on how to improve skills and maximize performance. With inspiration and advice from world champions, using the information presented in this book will be just like receiving private sessions with a coach or top performer. These tips and training methods allow fighters to master the individual nuances of boxing in order to get that winning edge. Whether a reader is new to the sport or a serious competitor, this book will help them reach the next level of skill development.

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