



The Boxer's Workout

Peter Depasquale

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The Boxer's Workout is a fitness routine for whole body conditioning, aerobic fitness and fun. It presents the non-contact workout program that boxers use to get into shape.

The Boxer's Workout starts with the basics: pre-conditioning, roadwork, when and where to train, diet, & equipment. It contains over 80 photo illustrations on warm-up, movement, shadow boxing, heavy bag, speed bag, punches, circuit, developing your own boxing style and more. It assumes no prior knowledge of boxing. The Boxer's Workout is suitable for men, women, teens and seniors.

Since its publication in 1990, the book has sold over 17,000 copies worldwide. It has grown to become the definitive guidebook for serious boxers and martial artists, and is also recognized in boxing circles as the "bible" of the burgeoning boxing-for-fitness movement. The Boxer's Workout has been excerpted in Men's Health and Men's Fitness magazines, and was featured in Men's Journal magazine and on TV's "Body By Jake" fitness show.

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