



# Boxing for Everyone: How to Get Fit and Have Fun with Boxing

*Cappy Kotz*

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# Boxing for Everyone: How to Get Fit and Have Fun with Boxing

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## **Boxing for Everyone: How to Get Fit and Have Fun with Boxing** Cappy Kotz

You will discover how easy it is to: Get strong -- Create a boxing workout that works for you, or give your current workout a boost with boxing; Get in shape -- Discover your body, develop good posture and alignment, and lose extra pounds with a boxing workout; Relieve Stress -- A boxing workout diffuses anger and frustration and teaches you to control your emotions; Gain self-confidence -- Your new-found strength, agility, and power will make you feel great. Learn how to use your body every minute of the day, not just during your workout; Compete and win -- Be a winner in the ring and in life by developing your body and mind through boxing.

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