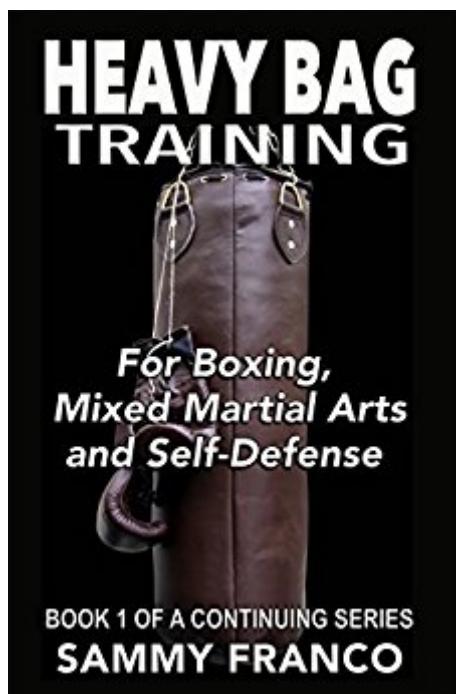


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# Heavy Bag Training: For Boxing, Mixed Martial Arts And Self-Defense (Heavy Bag Training Series Book 1)



## Synopsis

If you Own a Heavy Bag, You'll Need This Book!The heavy bag is one of the oldest pieces of workout equipment. It is regularly used by boxers, mixed martial artists, self-defense students, and fitness enthusiasts. Unfortunately, most people don't know how to properly use the heavy bag. Impatiently, they rush out to their local sporting goods store, buy a bag and begin wailing on it without a care in the world. In most cases, they are hitting it incorrectly, developing dangerous habits and possibly injuring their body.Ã  Get the Most Out of Your Heavy Bag Workouts!Heavy Bag Training is the first book in Sammy Franco's best-selling Heavy Bag Training Book Series. In this unique book, world-renowned martial artist and self-defense expert, Sammy Franco provides you with the foundational knowledge and skills necessary to maximize your heavy bag workouts. In this information-packed guide, you'll find the important answers to the questions about all aspects of heavy bag training.Ã  Topics covered in this book include:Ã  How to purchase a quality heavy bagÃ  The benefits of heavy bag trainingHow to design your own heavy bag workout programSample time-based heavy bag workoutsHow to properly set up the heavy bagHeavy bag hanging systemsÃ  Heavy bag training safety tipsEssential heavy bag gearÃ  Hand wrapping techniques for intense heavy bag workoutsThe fighting stance for heavy bag trainingÃ  Mobility and footwork skills during trainingÃ  How to punch the bag correctlyHow to avoid hand injuries when trainingThe best hand strengthening exercises for bag workÃ  The fighting ranges used during bag trainingHeavy bag kicking techniquesPunching techniquesGrappling strikes on the bagBonus: heavy bag workout tipsOver 100 Different Kicking, Punching & Grappling Striking Combinations!In Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense, you'll also learn over one hundred different kicking, punching and grappling striking combinations! If you are serious about training and want to get the most out of your heavy bag workout, then you will want to read and study this book!

## Book Information

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## **Customer Reviews**

I have been doing a lot of self-defense training in the past year and have really enjoyed author Sammy Franco's other books as they have taught me so much. It was suggested to me that I look into doing some heavy bag training and I have the space at home so I grabbed this guide. Franco's "Heavy Bag Training" has given me everything I need to get started and I am loving it. From advice to selecting a heavy bag, getting it set up, creating a proper work out, staying safe, wrapping your hands correctly, and all the great combinations, I couldn't have asked for a better guide.

There should be a lot more pictures to better understand the moves. I also bought the second book since it was suppose to show the combinations better but it was more of the same. I'm confused why we are still buying paper back books in digital format but not utilizing the format. Steve Cotter who teaches Kettlebells, placed short videos in his Kindle book to show the Kettlebell moves and it is excellent an excellent way to learn Kettlebells. I just wonder why others continue to only put static content in digital books?

It's a good book, but if you are looking just for boxing, like me, then it's better to skip this book...it's useful for major combat sports, but, I'm so deep involved in boxing, that are some few things useful for me...

It's been years since I hit the bag and when I had before, I didn't have any formal training or guidance, I just was hitting the bag. This book does a good job of breaking down how and why. I especially thought the training workouts were a big help. Like most of us, I tend to dive right back into a program without remembering that I'm not 23 anymore. The workout reminds me to gradually

get back into the program. All in all, this a really good resource.

This book by Sammy Franco is an excellent teaching tool for those who want to seriously train in either the sport or self defense aspects of martial arts. Really good advice on what kind of bag to get, how to properly strike, and how to use the numerous combinations he lays out. Another winner from the best writer in martial arts today.

I've been looking for a good book on heavy bag work. The main reason that I purchased this book was for the workouts that it has in it. I already knew how to throw a punch, just needed some guidance on a workout design. This book has it for all skill levels, and what better than to get it straight from Sammy himself.

Great book for someone starting out. It has a lot of useful information and takes the guess work out of getting a productive workout. Whether you're looking to jump in the ring or are just using it for conditioning, I would recommend this book to get the most out of your heavy bag work.

Perfect for initial self-training with a heavy bag available for practice. (Or just before acquiring one) Basic tips to master before moving on.

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