

The Complete Body Opponent Bag Book Fb

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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 speed timing coordination punching and kicking accuracy endurance target distancing muscle tone cardiovascular conditioning anger management and much more this book will teach you benefits of body opponent training setting up the bob moving the bob safety tips body opponent bag training gear proper hand wrapping techniques injury free punching techniques hand wrist and forearm training fighting stances mobility and footwork body opponent bag targets kicking techniques punching techniques grappling techniques three training methodologies proficiency conditioning and street training time based workouts punching and kicking combinations weapons training on the bob bob grappling drills ground fighting with bob dozens of workouts that will challenge you for years to come and 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

the ultimate guide to body opponent bag combinations body opponent bag combinations is the second book in sammy franco s best selling body opponent bag training series this one of a kind book is a complete guide to mastering devastating punching combinations that will dramatically improve your fighting skills condition your body and breathe new life into your body opponent bag workouts body opponent bag training for all skill levels with dozens of photographs and detailed step by step instructions body opponent bag combinations provides beginner intermediate and advanced bag workout combinations that will challenge you for years to come even the most experienced athlete will advance his or her fighting skills to the next level and beyond whether you need challenging body opponent bag fighting combinations or a comprehensive workout routine you will find it in this exceptional book achieve maximum workout output body opponent bag combinations will help you achieve maximum training performance in a variety of activities including boxing mixed martial arts self defense fitness 30 years of research training and teaching experience this one of a kind workout book is based on self defense expert sammy franco s 30 years of research training and teaching the martial arts he has taught these unique body opponent bag skills to thousands of his students and now he s finally put them down in this

comprehensive book unlimited routines the best feature of this book is the combination blending formula that teaches you how to easily create an infinite amount of unique punching combinations as a result you get an unlimited supply of workout combinations that will challenge you for years to come an invaluable training system that keeps you workouts new and exciting a one of a kind workout book whether you need challenging body opponent bag combinations or a comprehensive workout routine you will find it in this exceptional book

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