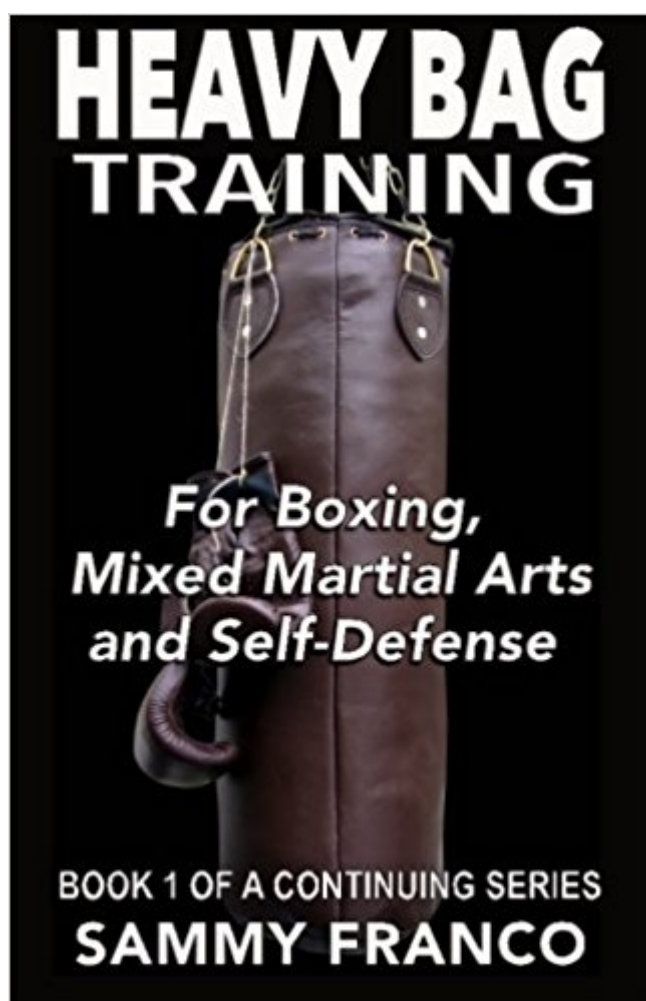


The book was found

Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series) (Volume 1)



Synopsis

IF YOU OWN A HEAVY BAG, YOU 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.GET THE MOST OUT OF YOUR HEAVY BAG

WORKOUTS!Heavy Bag Training for Boxing, Mixed Martial Arts and Self-DefenseÃ 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 Heavy Bag Training covers the following essential topics:How to purchase a quality heavy bagThe benefits of heavy bag trainingHow to design your own heavy bag workoutsSample time-based heavy bag workoutsHow to properly set up the heavy bagHeavy Bag hanging systemsHeavy bag training safety tipsEssential heavy bag gearHand wrapping techniques for intense heavy bag trainingThe fighting stance for heavy bag trainingMobility and footwork during heavy bag workoutsHow to punch the heavy bag correctlyHow to avoid hand injuriesThe best hand strengthening exercises for bag workThe fighting ranges used during bag trainingHeavy bag kicking techniquesPunching techniquesGrappling strikes on the bagBonus! Heavy bag workout tipsOVER 100 KICKING, PUNCHING & GRAPPLING STRIKING COMBINATIONS!Heavy Bag Training for Boxing, Mixed Martial Arts and Self-Defense includes 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

Series: Heavy Bag Training Series

Paperback: 172 pages

Publisher: Contemporary Fighting Arts (May 25, 2013)

Language: English

ISBN-10: 0989038246

ISBN-13: 978-0989038249

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 45 customer reviews

Best Sellers Rank: #691,487 in Books (See Top 100 in Books) #100 in [Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts](#) #267 in [Books > Sports & Outdoors > Individual Sports > Boxing](#)

Customer Reviews

Great Book for Heavy Bag Workouts! "If you are serious about working out on the heavy bag, buy this book and train!" (Lenny) Ultimate Heavy Bag Resource! "If you're looking for a book that thoroughly covers the heavy bag, this is it." (K. Mann) Best Heavy Bag Book Out There! "I've been boxing for over 10 years and this is the best book I've seen on the subject." (Bruce) Highly Recommended! "Simple and clear instructions on everything from setting up the bag to punching and kicking combinations. 5 Stars! (Timothy)

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.

[Download to continue reading...](#)

Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series)
(Volume 1) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Heavy Bag Combinations: The Ultimate Guide to Heavy Bag Punching Combinations (Heavy Bag Training Series Book 2) Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense MMA Training: The Ultimate Beginners Guide To Mixed Martial Arts (Including Drills & Tactics) (MMA, Martial Arts, Self Defense, BJJ) Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Parting the Clouds - The Science of the Martial Arts: A Fighter's Guide to

the Physics of Punching and Kicking for Karate, Taekwondo, Kung Fu and the Mixed Martial Arts
Krav Maga: Dominating Solutions to Real World Violence (Krav Maga, Self Defense, Martial Arts,
MMA, Home Defense, Fighting, Violence) Ground Fighting Techniques to Destroy Your Enemy:
Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy
(Self-Defense Book 3) Knife Training Methods for Self Defense: How to Become a Pro at Knife
Fighting: (Self-Defense, Self Protection) Boxing WOD Bible: Boxing Workouts & WODs to Increase
Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss STING LIKE A MOTHA
F&A - N BEE- Shawn Kunkler, author of the world's most (fun) badass training
manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize
Your Advantage MMA, Grappling, and Self-Defense Drills and Warm-Ups: Over 50 Drills, Games,
and Warm-Ups That'll Keep Your Students Training Through Black Belt (Martial Arts
Business Success Steps Book 9) Martial & Fighting Arts (Martial and Fighting Arts Series) Speed
Training for Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot
Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed Heavy Metal
Rhythm Guitar: The Essential Guide to Heavy Metal Rock Guitar (Learn Heavy Metal Guitar)
(Volume 1) The 10 Best Kicking Techniques for Martial Arts, MMA and Self-Defense (The 10 Best
Series Book 7) Martial Arts for People with Disabilities (Martial and Fighting Arts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)