



The Greatest Ever Boxing Workouts (Paperback)

By Gary Todd

John Blake Publishing Ltd, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. In the tradition of the bestselling Workouts from Boxing's Greatest Champs, this sequel volume will KO all boxing/combat sport enthusiasts. Featuring a classic coterie of international boxing legends, this superb anthology is illustrated throughout by some of the best photos of them at work in the ring or training in the gym. Our celebrated present-day fighters and former champions range from the instantly recognisable Manny Pacquiao, Floyd Mayweather Jnr, Mike Tyson, Thomas Hearn and Roberto Duran to such respected international figures as Danny Williams and Vitali Klitschko. Incorporating career biographies for every fighter, the reader is introduced to the fitness and training regimes of some of the world's most physically powerful men. Culled from the author's original research and interviews, the greatest ever champion pugilists grant us a fly-on-the-wall look at their Typical Day and their personal workout regimes.

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