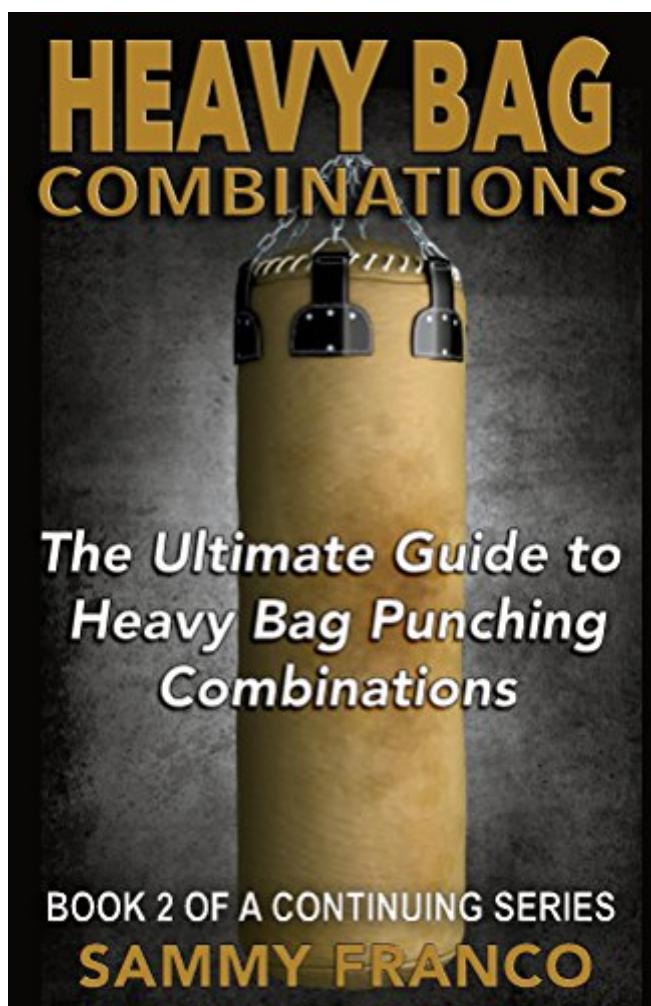


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# **Heavy Bag Combinations: The Ultimate Guide To Heavy Bag Punching Combinations (Heavy Bag Training Series Book 2)**



## Synopsis

The Ultimate Guide to Killer Heavy Bag Combinations!Heavy Bag Combinations is the second book in Sammy Franco's best-selling Heavy Bag Training Series. This unique book is your ultimate guide to mastering devastating heavy bag punching combinations. Practitioners who use this guide as a reference tool will quickly improve their heavy bag training skills. In fact, the punching combinations featured in this text will dramatically improve your fighting skills, condition your body, and breathe new life into your current heavy bag program.Achieve Maximum Training Performance!Heavy Bag Combinations will help you achieve maximum training performance in a variety of activities including, boxing, mixed martial arts, kickboxing, self-defense, and personal fitness.30+ Years of Research, Training and Teaching Experience!This one-of-a-kind book is based on self-defense expert, Sammy Franco's 30+ years of research, training and teaching the martial arts and fighting sciences. He has taught these unique heavy bag skills to thousands of his students and now he's finally put them down in a comprehensive book.A Heavy Bag Book for All Skill Levels!With over 300+ photographs and detailed step-by-step instructions, Heavy Bag Combinations provides beginner, intermediate and advanced heavy bag workout combinations that will challenge you for the rest of your life! In fact, even the most experienced athlete will advance his fighting skills to the next level and beyond.Infinite Combinations Means Infinite Heavy Bag Workout Programs for a Lifetime!The best feature of this book is Sammy Franco's "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 heavy bag combinations that will challenge you for a lifetime.An invaluable tool that prevents your heavy bag training from becoming boring, stagnant, and monotonous. This means you are less likely to quit or abandon your workouts.A fantastic training method that develops mental toughness. The Comprehensive Heavy Bag Workout BookWhether you need stand-alone heavy bag combinations or a comprehensive heavy bag training program, you will find it in this exceptional book!

## Book Information

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## **Customer Reviews**

I have been a reader and a fan of Sammy Franco's books for quite some time. His "Widow Maker" series literally changed my life and gave me a confidence and skill set that I never knew existed. I have started doing some heavy bag training at home this year and his book by the same name went a long way towards getting me started with this. This book, "Heavy Bag Combinations", takes things to the next level with an awesome array of heavy bag workout combinations that are both well explained and accompanied by detailed photographs. I loved these workouts, the way that they are making me feel, and I couldn't do it without Franco's guidance.

This has good pictures. I guess I was more advanced than I thought. I didn't get much from this book.

Good book with lots of good combinations and pictures of how to do the techniques correctly. At the end, there's a list of 57 combinations, broken out by beginner, intermediate and advanced, and those several pages were the crux of the book to me. There explanations of how to do each punch (lead jab, rear cross, lead hook, rear uppercut, lead uppercut and rear hook). I like how he uses "rear" instead of "right" because a left-handed reader might get confused.

great book for beginners . alot of useful information

Great book full of insightful and informative information! Very pleased .

Packed with valuable info and tons on guidelines!A+

Good training guidance book by boxing

Great routines

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