



Box into Shape: Get Fighting Fit in Just 12 Weeks

Chrissie Gallagher-Mundy

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Discover the all-around mind and body benefits of boxing with an exciting program that keeps you motivated and on your toes. Burn calories and increase cardiovascular fitness, enhance muscle tone and flexibility, increase strength, stamina and energy levels, relieve stress, improve concentration and feel more confident. Box into Shape offers fun, safe exercises based on boxing and martial arts.

It is suitable for all ages and levels of fitness with structured routines for beginners as well as more challenging variations.

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