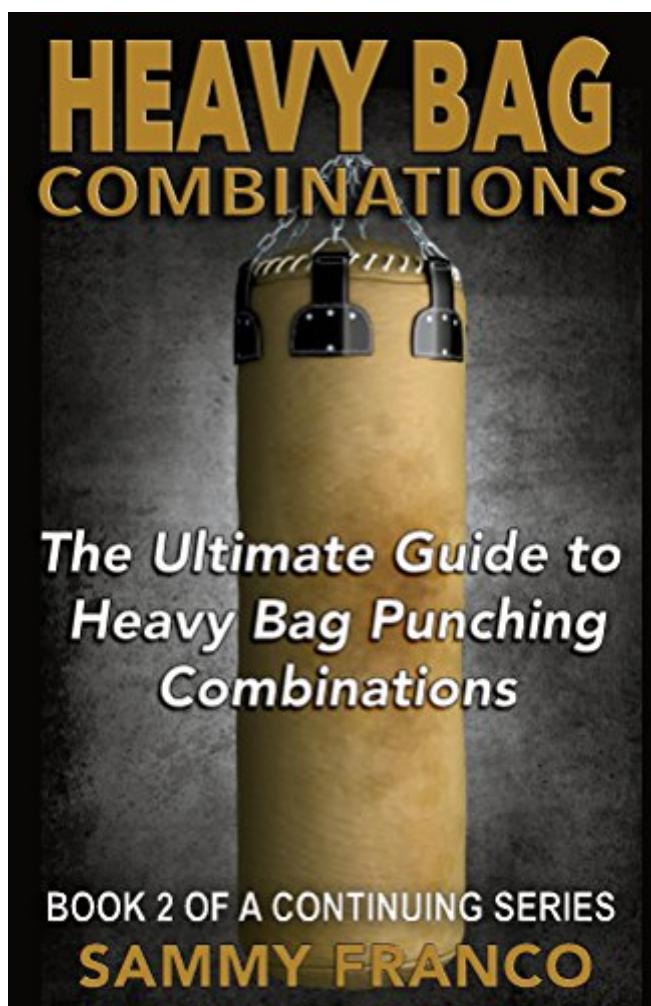


The book was found

# **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 Francoâ™s best-sellingâ 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 Francoâ™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 heâ™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 Francoâ™s âœcombination blendingâ• 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 areâ less likely to quit or abandon your workouts.A fantastic training method that develops mental toughness.â 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

File Size: 2761 KB

Print Length: 248 pages

Publisher: Contemporary Fighting Arts, LLC (June 8, 2015)

Publication Date: June 8, 2015

Sold by:â Digital Services LLC

Language: English

ASIN: B00ZABXDF8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #151,421 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #54 in Books > Sports & Outdoors > Individual Sports > Boxing #729 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

## 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

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

Heavy Bag Combinations: The Ultimate Guide to Heavy Bag Punching Combinations (Heavy Bag Training Series Book 2) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) Heavy Bag Training: Boxing - Mixed Martial Arts - Self Defense (Heavy Bag Training Series) (Volume 1) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Dog Training -Train Your Dog like a Pro: The Ultimate Step by Step Guide on How to Train a Dog in obedience( Puppy Training, Pet training book) (Dog Taining, ... training books, How to train a dog, Book 2) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Heavy Metal Rhythm Guitar: The Essential Guide to Heavy Metal Rock Guitar (Learn Heavy Metal Guitar) (Volume 1) Cute & Clever Totes: Mix & Match 16 Paper-Pieced Blocks, 6 Bag Patterns à ¢ Messenger Bag, Beach Tote, Bucket Bag & More Wing Chun Power Punching Blueprint for Self Defence (Wing Chun Power Training Book 1) 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 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 Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Perennial Combinations: Stunning Combinations That Make Your Garden Look Fantastic Right from the Start (Rodale Garden Book) Knockout: The Ultimate Guide to Sucker Punching Brain Games for Dogs: Training, Tricks and Activities for your Dogâ™s Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)