

One

Location **California**
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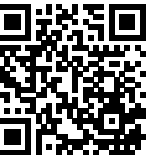
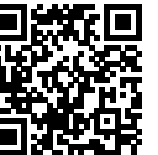





Do you wanna get in shape and do something different for a workout? Then put on the gloves and try boxing - which is one of the best cardio workouts.

A session is about one hour long and each round is followed by a 30 seconds or one-minute break. I design the workout based on how real boxers train, so it's quite challenging. But for beginners, I will break down the basics before every workout - like stance, punches, hip rotation, footwork and all.

For the time being, I train people at a boxing gym in Hollywood. I also make house-calls time to time. The tempo of the workout is fast and intense. But we'll set the pace at your level of fitness and desire. Most of all, you'll definitely get a workout and have fun doing it.

Feel free to contact me for reference or questions you may have.

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