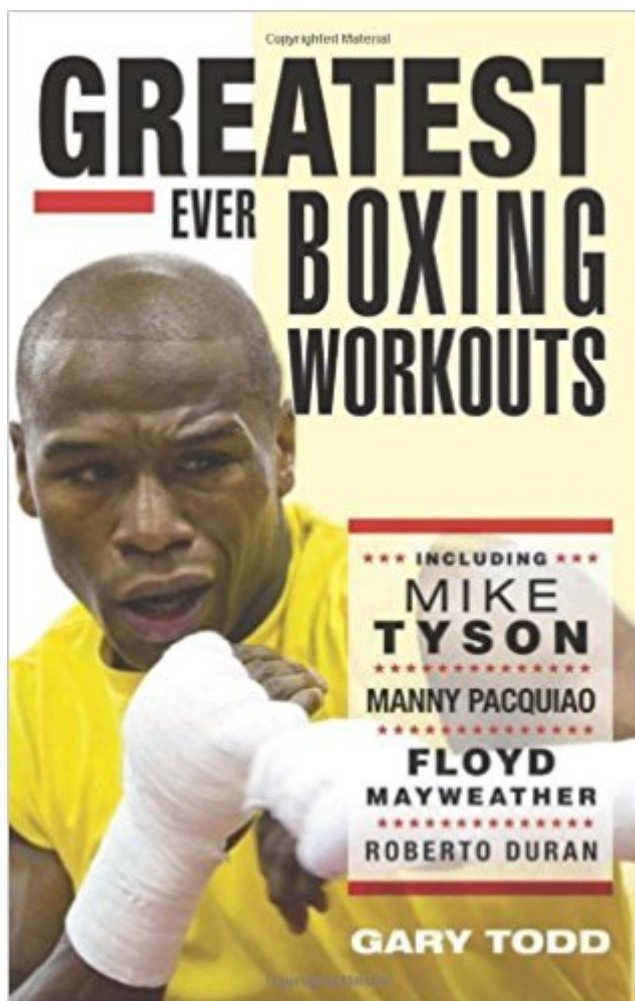


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# Greatest Ever Boxing Workouts



## Synopsis

The sequel to *Workouts from Boxing's Greatest Champs* will KO all boxing and combat sport enthusiasts. Featuring a classic coterie of international boxing legends, this superb anthology is illustrated throughout with some of the best photos of them at work in the ring or training in the gym. Celebrated present-day fighters and former champions featured here range from the instantly recognizable Manny Pacquiao, Floyd Mayweather, Jr., 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. Not just a boxing fan's album but a fitness guide for those looking for a seriously effective workout, this book grants the reader vital knowledge from the Olympian gods of pugilism.

## Book Information

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## Customer Reviews

Gary Todd is the author of *Workouts from Boxing's Greatest Champs*.

This will be a quick review as the book is simple and straightforward in its approach. The author interviewed 30+ boxers, and each chapter corresponds to a boxer. A few of these boxers are household names, e.g. Tyson, Duran, Pacquiao, and Mayweather, but others may or may not be

known to those who aren't fight fanatics. Each chapter consists of three sections. The first and longest of each is an overview of that boxer's career, but it's the other two sections that are most relevant to the book's title and theme. One of these sections is an interview that asks a series of 14 questions about how the respective boxer organized his training day, and the other is a description of the boxer's workouts (typically there was more than one workout *i.e.* sparring v non-sparring days.) If you're a big boxing fan, this book will be interesting to you particularly for some of the insights about the boxers. The author is clearly knowledgeable in that regard. If you are mostly interested in the book from a fitness perspective, and seek to learn about working out for combative sports, it's of decidedly less value. It still has some fascinating information, but you'll probably find it tedious and of limited usefulness. The question and answer section elicits answers from one word to a couple sentences and the workouts are a page each. What is fascinating is how similar the day in the life of a boxer is, and, specifically, how standardized workouts are. What I mostly found intriguing was when someone stuck out as having a different mode of operating. For example, most started their days very early (often going back to sleep after roadwork) but a few were clearly night owls. One can also see a little of how approaches have shifted between the earliest fighters and the ones active until recently. There are plenty of photographs in the book, but they are the only graphics. There isn't much else by way of ancillary matter. (*i.e.* there is a section of pictures of the author with various boxers, but that's of course *his* primarily of interest to the author.) In one sense the book is quite limited and tedious, but it's also interesting to see how thirty different fighters answered the exact same pallet of questions. There is some insight into nutrition, sleep schedules, optimal time for workouts, etc. However, the book doesn't drill deep. If you're a fight fan, fascinated by boxers and their careers, I'd recommend this book. For those who are buying it thinking they'll get some insight into how to prepare as a boxer, I'd say said insight will be extremely limited. That said, the book isn't much of a time investment, and so if you can get it cheap you may find it of some benefit.

I have been an enthusiastic fan (both as a spectator and an active participant) of numerous combat sports (Boxing, Kickboxing, Mixed Martial Arts, and Wrestling) and martial arts (Judo, Jujitsu, Karate-Do, Kenjutsu, and Tanto-Jutsu) for more than 55 years. I am always interested in different

fitness routines and I loved the first book (Workouts from Boxing's greatest Champs by Gary Todd) and I am happy to see he also wrote this follow up (Greatest ever boxing workouts by Gary Todd) volume. This 184 page soft cover book follows the same format as the first volume. I have to admit that I was not familiar with many of the boxers because some of them fought mostly in other countries; nevertheless, I found this book interesting and informative. The book gives a short bio of the author which also includes the country he is from, date of birth, how many wins and losses and titles he won. It then has a short question and answer section along with the actual workout routine of the boxer. I found it interesting that many boxers had other hobbies they liked such as Golf and swimming etc. Some of the boxers in this volume includes: Anthony "The Man" Mundine, Antonio "Magic Man" Tarver, Danny "The Green Machine" Green, Curtis Cokes, "Gentleman" Jim Watt, "Irish" John Duddy, "Iron" Mike Tyson, Thomas "The Hitman" Hearns, "Irish" Micky Ward, Roberto "Hands of stone" Duran, Manny "The Pacman" Pacquiao, "Pretty Boy" Floyd Mayweather, JNR and many other boxers. Rating: 4 Stars. Joseph J. Truncale (Author: Tactical Principles of the most effective combative systems)

The write ups are interesting, but nothing you couldn't get from a wikipedia article. As for the workouts, they're pretty bare. Not a lot of insight. I was mostly just confused while reading this, I couldn't figure out what I was supposed to be getting out of it. Can't see how this could be helpful for advanced fighters or even beginners.

Purchased for my son.. he liked it.

Great Book helps you understand the hard work that all these athletes had to go through to get to where they are. A very good blueprint to follow for every amateur boxer who has aspirations to get to the top of boxing.

Fun to read to see what the pros do while in the gym, but this certainly won't teach you a boxing workout.....if you're looking for that, go to a gym. Other than that, good boxing book.

Gives a lot of insight. You can definitely see the training progression over the generations.

Basically the book is mini biographies of boxers, some known in the States, and some not as well known, plus their workout routines. Good to look at to incorporate some of their techniques into individuals' boxing workouts.

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