

# TRAIN LIKE A CHAMPION

## Training Tips & Techniques

## From 20 World Class Boxers



**MIGHTYFIGHTER**  
FOR THE STRONG MINDED & BIG HEARTED

# CONTENTS

INTRO.....	3
WLADIMIR KLITSCHKO.....	6
VITALI KLITSCHKO.....	9
DAVID HAYE.....	12
FLOYD MAYWEATHER JR.....	15
ROBERTO DURAN.....	18
MANNY PACQUIAO.....	21
RAY CHARLES LEONARD.....	24
VICTOR ORTIZ.....	27
GEORGE FOREMAN.....	30
NONITO DONAIRE.....	33
MIGUEL COTTO.....	36
SERGIO GABRIEL MARTINEZ.....	39
SHANE ANDRE MOSLEY.....	42
ANDRE WARD.....	45
JEAN PASCAL.....	48
TIMOTHY BRADLEY.....	51
CARL FROCH.....	54
BERNARD HOPKINS.....	57
MUHAMMAD ALI.....	60
JOE FRAZIER.....	63
RECOMMENDATIONS.....	66
OUTRO.....	68

# INTRO

Boxing is one of the toughest sports in the world, if not the toughest. Therefore, all world class fighters must train very hard. No matter how skilled and talented you are, there's no substitute for hard work and dedication.



That's what separates the good from the great. It's the difference between winning and losing. There's been so many cases where huge underdogs has won fights based on their excellent conditioning. They manage to out-work their opponent to victory.

This usually means that they put in more effort outside the ring. Perhaps they ran an extra mile, sparred an extra round or studied their opponent more. Whatever it may be, it comes as no surprise as many fighters and trainers will tell you that the fight is won in the gym. One of the greatest boxers of all time sums it up pretty well.

*“The fight is won or lost far away from witnesses - behind the lines, in the gym and out there on the road, long before I dance under those lights.” - Muhammad Ali*

The physical side of boxing only plays a small part in winning a fight. The body is merely just a tool used to inflict damage on the opponent. The mental aspect of a

fighter is more important than anything else. It's vital that the mind must be trained just as much, if not even more than the body.

Many may argue that a fighter either has a strong heart and mind or they don't. It's in their personality and character, which is not something that can be taught. One thing is for certain though - Hard training and mental preparation can do nothing but help your body and mind.

To prepare for an upcoming fight, world class boxers will do their usual training routine for around 8 hours a day, 6 days a week for 12 weeks. This usually consists of daily running for 6-8 miles, rope skipping, hundreds of rounds of sparring, pad work and extensive bag work. All of this work will be under the guidance of the fighter's trainer and strength & conditioning coach.

The S&C coach will implement their own training methods from weight training, plyometrics (exercises designed to produce fast and powerful movements) through to diet. Therefore, it's absolutely essential that the fighter bonds well with their trainer and S&C coach to ensure success.

Many fighters have their own specific ways of training and like to work on certain things to perfect their skills. It's always a good idea to constantly experiment with new techniques for improvement.

In this eBook, you'll find out the best assets of 50 different world class fighters and you'll discover the different tips and techniques that they implement in their training program to keep them at the peak of their trade.

Their accomplishments in and out of the ring have also been listed for you to get more of an insight of who the fighter is, not only as an athlete, but also as a person.

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# WLADIMIR KLITSCHKO

**Born:** March 25, 1976

**Birth Place:** Kazakhstan

**Nationality:** Ukrainian

**Nickname:** Dr. Steelhammer

**Division:** Heavyweight (200lbs+)

**Height:** 6' 6" / 198cm

**Reach:** 81" / 206cm



## ACCOMPLISHMENTS

- PhD Sports Science
- 1996 Olympic Gold Medallist
- 5th Longest Reigning Heavyweight Champion of All Time
- 3rd Most Consecutive Title Defenses
- WBA / WBO / IBF / IBO / The Ring World Heavyweight Champion

## GREATEST ASSETS

- Jab - Powerful, Quick and Accurate
- Defensive Mindset

Aside from his height and reach advantage over the majority of his opponents, Wladimir Klitschko has one of the best jabs in boxing. It's powerful, quick and accurate which often stuns his opponents and keeps them at a safe distance.

Wladimir also utilizes his height advantage very well by leaning back when punches are coming towards him. His defensive mindset befuddles and frustrates his opponents, and it's led him to so many dominant victories.

## HOW?

Wladimir Klitschko had a decorated amateur career. He has 134 fights and only 6 losses. This experience gave him much practice in sharpening his tools of the trade. However, the amateur scene is drastically different to the professional game.

Wladimir suffered losses in the professional ranks all by stoppage and by huge underdogs. These losses made him realise that he needed to improve on his defense and through legendary trainer Emmanuel Steward, he has become a better fighter.

- **Shadowboxing In Swimming Pool** - Water provides resistance and Wladimir utilizes this method for his quick and powerful punches. This is a contrast from his amateur days when he never use to swim.

- **Punching Tree Leafs** – It may sound unusual, but it's an effective method that has proven to be successful. Tree leaves provide numerous targets at various angles, which is why Wladimir rarely wastes his punches due to his accuracy.

Because of his accuracy and power behind his shots, Wladimir's opponents are usually very weary of getting within range. He has a very powerful straight right hand which is set up by his stiff jabs. It's the classic one-two combination in boxing and Wladimir perfects it. This has enabled him to have long winning streaks and continuous reign at the top of the heavyweight division.



# VITALI KLITSCHKO

**Born:** July 19, 1971

**Birth Place:** Kyrgyzstan

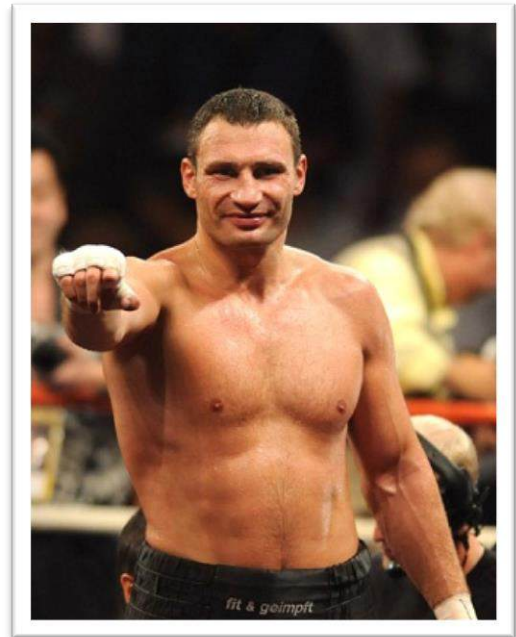
**Nationality:** Ukrainian

**Nickname:** Dr. Ironfist

**Division:** Heavyweight (200lbs+)

**Height:** 6' 7½" / 200cm

**Reach:** 80" / 203cm



## ACCOMPLISHMENTS

- PhD Sports Science and Philosophy
- Germany's Highest Civilian Award, the Federal Cross of Merit
- Leader of the Political Party UDAR of Vitaliy Klychko
- Six Time Kickboxing World Champion
- 1995 World Amateur Boxing Championships Silver Medallist
- WBC World Heavyweight Champion

## GREATEST ASSETS

- Durable Chin
- Powerful Straight Right Hand

Like his brother Wladimir, Vitali Klitschko has a height and reach advantage over the majority of his opponents, though he's not as defensive minded so his opponents have more opportunities to catch him.

However, his excellent chin and ability to absorb punishment has kept him standing, having never been knocked down in his boxing career. Vitali is physically strong and packs a big punch, most notably his straight right hand which has earned him one of the highest knock-out ratio's in heavyweight boxing history.

## HOW?

Before he took up boxing, Vitali was a world class kickboxer. His athleticism has allowed him to become dominant in both sports. For a person his size, his footwork is excellent which allows him to get out of trouble quickly.

Vitali was on a roll with 27 wins all by KO, but he received much criticism from the media and public when he quit on his stool against Chris Byrd. It was his first loss and many branded him a "*quitter*".

After notching up a few wins, he went to war with the great Lennox Lewis. The referee stopped the fight due to Vitali's severely damaged eye. Although he lost, he restored his reputation as a warrior.

Vitali maintains his physical power by doing many strength based training in the cold climate of the Austrian mountains. It's a secluded area that helps focus and concentration.

The methods that are implemented by Vitali are reminiscent of Rocky IV. It consists of pulling a sledge with his trainer sitting on it, walking through snow at waist height while carrying a large log on his shoulders and chopping logs for that explosive power seen in all his fights. An avid chess player, Vitali brings his smarts into the ring also.

*“Chess is similar to boxing. You need to develop a strategy, and you need to think two or three steps ahead about what your opponent is doing. You have to be smart. But what's the difference between chess and boxing? In chess, nobody is an expert, but everybody plays. In boxing everybody is an expert, but nobody fights.”*

# DAVID HAYE

**Born:** 13 July 1980

**Birth Place:** London, England

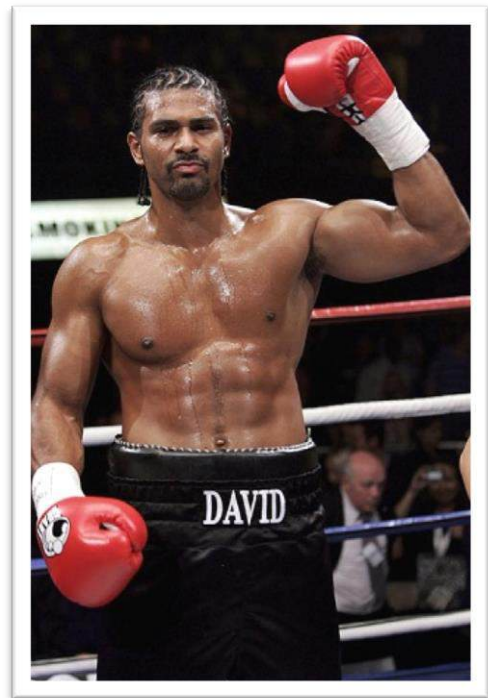
**Nationality:** British

**Nickname:** Hayemaker

**Division:** Cruiserweight (200lbs) - Heavyweight  
(200lbs+)

**Height:** 6' 3" / 191cm

**Reach:** 80" / 203cm



## ACCOMPLISHMENTS

- 2001 World Amateur Boxing Championships Silver Medallist
- Unified World Cruiserweight Champion
- WBA Heavyweight Champion

## GREATEST ASSETS

- Power in Both Hands
- Very Fast Hands

As proven by his record, David Haye has extreme power and is pound-for-pound one of the hardest hitters in boxing. He can produce a knock out with any one punch at

any time during a fight. His overhand right (hayemaker) is his most devastating shot which has either badly stunned or taken out many of his opponents.

The speed of Haye's punches is also a problem for his opponents, as they are often caught off guard. Haye is not a combination puncher, which means that he usually only throws one or two punches at a time, but they are fast, powerful and accurate.

## HOW?

David Haye likes to fight on the back foot to draw his opponents onto his powerful shots. He doesn't have a high punch output and is very selective with his punches. This is not only due to his style, but also because of his stamina issues, which has caused him problems in the past.

In only his 11<sup>th</sup> pro fight, he faced former world champion Carl Thompson. Haye started fast and almost got rid of Thompson with a constant barrage of punches in the first few rounds. However, as the fight wore on, Haye began to tire and was knocked down with a right hand in the 5<sup>th</sup> round. Visibly fatigued, this prompted Haye's corner to throw in the towel.

It was his first loss and many wrote him off. Since then, Haye has proven himself by unifying all the major world titles at Cruiserweight and has won a title at Heavyweight. Stamina is still an issue for Haye, but his speed, power and movement manages to dispatch opponents whose only hope is to pressure and tire him out.

- Haye switches his training camps between the hot climates of Cyprus and Miami, where he gets a real test by sparring against Cubans, who are known for their high quality boxing skills.
- As quoted by the man himself - *“I eat 24 egg whites every day, raw, which contain no fat, just protein. I stick them in a glass and swallow them whole, six at a time. I also have four tins of sardines a day.”*
- Clap Push Ups - Haye does 3 sets of 20 reps, and would also do as many as he can in under a minute. *“With a clap press-up you generate a sudden burst of force to get yourself up and away from the floor and clap the hands. It mimics the punch action. Good for power endurance.”*

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# FLOYD MAYWEATHER JR

**Born:** 24 February 1977

**Birth Place:** Grand Rapids, Michigan, USA

**Nationality:** American

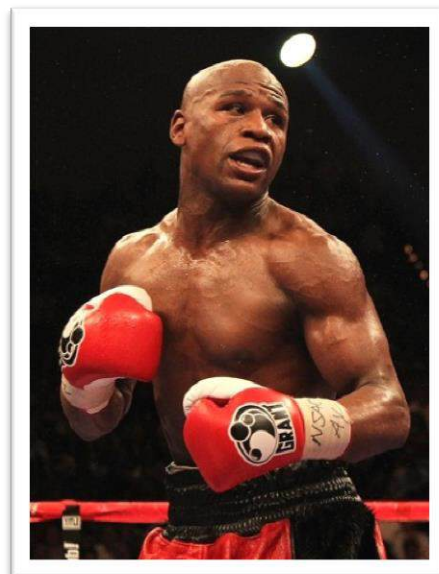
**Nickname:** Pretty Boy & Money

**Division:** Super Featherweight (130lbs) - Light

Middleweight (154lbs)

**Height:** 5' 8" / 173cm

**Reach:** 72" / 183cm



## ACCOMPLISHMENTS

- National Amateur Golden Gloves Champion 1993, 1994 and 1996
- 1996 Olympic Bronze Medallist
- Eight Time World Champion in Five Different Weight Classes
- Lineal Championship in Three Different Weight Classes
- *The Ring* 1998 & 2007 Fighter of the Year
- Best Fighter ESPY Award 2007, 2008, 2010 and 2012
- Regarded as the Number One Best Pound-for-Pound Fighter in the World
- Forbes and Sports Illustrated Fortune 50 of the World's Highest-Paid Athletes of 2012

## GREATEST ASSETS

- Defensive Skills – Shoulder Roll
- Ring Intelligence

Floyd Mayweather Jr is a pure boxer who has excellent all round skills. Regarded as one of the greatest defensive fighters of all time, he has rarely ever been hit cleanly during a fight. This is due to his almost perfect defensive stance, quick reflexes and movement.

The tremendous counter-punching abilities that Mayweather possesses minimizes his opponents punch output. A highly skilled technician, Mayweather's ring IQ is remarkable. He rarely loses rounds, and is able to neutralise any advantages his opponents may have him.

## HOW?

No matter how superb he is, Mayweather has his critics too. He has been criticized for hand picking opponents, although he's faced many great fighters and is still undefeated. A showdown with another all-time great and arch rival Manny Pacquiao has yet to materialize, but is almost guaranteed to be the biggest fight in boxing history.



Both sides has been criticized for preventing the fight by using different reasons and excuses. Mayweather's trash talking and behaviour outside the ring has invited much hatred but has also made him the highest paid boxer who has smashed all-time PPV records.

Known for his hard work and dedication to his trade, Mayweather has a rigorous training routine.

- Prefers to train in the early hours of the morning around 3AM in his hometown of Las Vegas.
- Mayweather performs workouts blindfolded to improve co-ordination and balance.
- Mastered a variety of rope skipping techniques which gives him his excellent footwork.
- Trainer and uncle Roger provides quick reflexed based pad work which specifically focuses on speed and accuracy as opposed strength and power.

Floyd Mayweather Jr has had injury problems concerning his hands in the past, so he's very careful when hitting heavy bags. He relies on other departments to win fights rather than power. His conditioning is second to none and he always stays in shape even when he's not preparing for a fight.

# ROBERTO DURAN

**Born:** 16 June 1951

**Birth Place:** El Chorrillo, Panama

**Nationality:** Panamanian

**Nickname:** Manos de Piedra (Hands of Stone)

**Division:** Lightweight (135lbs) - Super

Middleweight (168lbs)

**Height:** 5' 7" / 170 cm

**Reach:** 66" / 168 cm



## ACCOMPLISHMENTS

- *The Ring's* 5th greatest fighter of the last 80 years
- Associated Press' #1 lightweight of the 20th century
- Five Time World Champion in Four Different Weight Classes

## GREATEST ASSETS

- Ferociousness

Roberto Duran wasn't an ordinary brawler. He was a great body puncher with decent power in both hands, and unlike many brawlers, Duran had great defensive skills also.

He was able to subtly slip punches often with his arms by his waist, but Duran's greatest attribute was his ferocity in the ring. His sheer aggression would intimidate and wear his opponents down especially when he was fighting at his best in the lightweight division.

## HOW?

Raised in the slums of El Chorrillo, Panama, Robert Duran is no stranger to hardship. Fighting for survival and even for fun, made Duran a beast in the ring. The infamous story of when Duran knocked out a horse in his younger days for a bottle of whiskey, shows the kind of mentality he had.

Even with little amateur experience, Duran often sparred with much more experienced fighters. He turned professional at just 16 and won his first world title at 21.

Duran's record was 72-1 until he moved up to Welterweight to face the extraordinary Sugar Ray Leonard. Infuriated by the fact that Leonard was making five times more than him despite having a much better record, Duran vented his frustration in their fight. Known as "*The Brawl in Montreal*", Duran outfought and even out-boxed Leonard throughout the fight to win a decision.

Their rematch destroyed Duran's reputation as he quit due to being frustrated by his inability to hit Leonard while being taunted at the same time. Now coined as the "No Mas" (no more) fight, Duran had to endure mockery and criticism after this incident.

After several years of ups and downs, his reputation was restored after winning some very tough fights and adding several world titles to his collection.

What makes Roberto Duran such a great fighter? First and foremost, Duran is a fighter at heart. He had natural abilities but his mentality is something that cannot be emulated.

At his worst, Duran would indulge in women and food even when he had upcoming fights, but at his best, he would approach training the same way he fought - with ferocity.

He would rope skip at such a fast pace while performing "*double unders*" and jump squats at the same time. He would also bounce the speed bag around effectively with his head.

Sparring with much bigger men was a normal occurrence and it helped him to succeed in the heavier weight divisions. Roberto Duran retired from boxing at the age of 50 due to a car crash, but he would've almost certainly continued to fight as long as he could if it wasn't for the accident.

# MANNY PACQUIAO

**Born:** 17 December 1978

**Birth Place:** Kibawe, Bukidnon,  
Philippines

**Nationality:** Filipino

**Nickname:** Pacman

**Division:** Flyweight (112lbs) - Light  
Middleweight (154lbs)

**Height:** 5' 6½" / 169 cm

**Reach:** 67" / 170 cm



## ACCOMPLISHMENTS

- Ten Time World Champion in Eight Different Weight Classes
- First to Win the Lineal Championship in Four Different Weight Classes
- Regarded as the Number One Best Pound-for-Pound Fighter in the World
- *The Ring* & BWAA 06', 08' & 09' Fighter of the Year / Best Fighter ESPY Award in 09' & 11'
- BWAA, HBO, WBO & WBA Fighter of the Decade
- Forbes 5<sup>th</sup> World's Highest-Paid Athletes of 2012 / TIME 100 Most Influential People of 2009
- Lieutenant Colonel in the Reserve Force of the Philippine Army
- Congressman in the Provincial Capital of Sarangani

## GREATEST ASSETS

- Powerful Straight Left Hand
- Fast Hands and Feet

Manny Pacquiao's straight left hand is notorious for its destructive power, mainly due to its blistering speed. It has put many fighters down and out. As his career progressed, he has improved his right hooks but it doesn't come close to the effect his straight left has on his opponents.

A natural southpaw, Pacquiao's footwork is so unorthodox that it puts him into positions where he can punch at the most awkward angles which befuddles his opponents.

## HOW?

Manny Pacquiao's ascent through the weight classes is nothing short of spectacular. From Flyweight to Light Middleweight, he faced some of the best fighters in the world and destroyed many of them in the process.

However, his name will forever be linked to another all-time great, Floyd Mayweather Jr, and the question as to who is the best pound-for-pound fighter in their era will forever be debated as long as they never fight each other. His high work rate,

lightning speed, devastating power and killer instinct has made him one of the greatest fighters of all time.

- Stays in shape all year round and loves to play basketball to improve his coordination, agility as well as maintain his stamina.
- Has six meals and six protein shakes a day when in training for a fight.
- Does a lot of plyometric exercises, most notably throwing medicine balls and hitting a heavy bag continuously with a baseball bat.
- Performs 1400 crunches everyday during training.
- Gets hit around the entire body with a bamboo stick to strengthen his body to absorb punches.

Pacquiao is very well known for his hard work ethic, and it shows in his machine like performances. It's not unusual for his trainer Freddie Roach, to tell him to slow down or stop to let his body rest.

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# RAY CHARLES LEONARD

**Born:** 17 May 1956

**Birth Place:** Rocky Mount, North Carolina, USA

**Nationality:** American

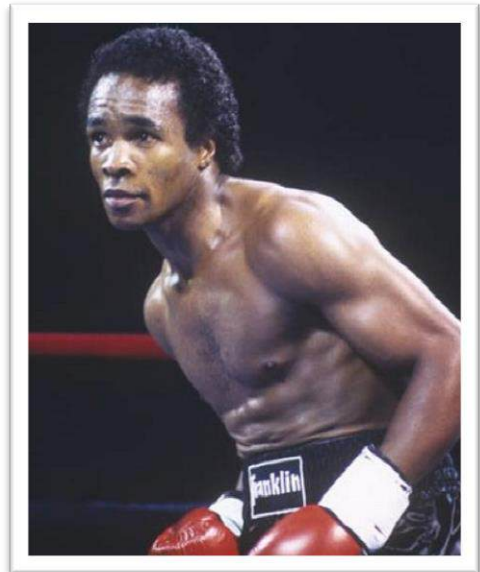
**Nickname:** Sugar

**Division:** Welterweight (147lbs) – Light

Heavyweight (175lbs)

**Height:** 5' 10" / 178 cm

**Reach:** 74" / 188 cm



## ACCOMPLISHMENTS

- 1976 Olympic Light Welterweight Gold Medalist
- Boxer of the Decade for the 1980's
- World Champion in Five Different Weight Classes
- First Boxer to Earn More than \$100 Million in Purses

## GREATEST ASSETS

- Fast Hands
- Great Movement
- Ability to Brawl or Box



Sugar Ray Leonard effectively utilizes his very fast hands and excellent foot movement to quickly attack and get out of trouble. These attributes were honed from his days as a very successful amateur boxer. His assets often allowed him to dictate the pace of the fight and if necessary, Leonard could brawl as well as box.

## HOW?

One of the greatest boxers ever, Sugar Ray Leonard had a number of legendary fights against all-time greats which includes wins over Wilfred Benitez, Roberto Duran, Thomas Hearns and Marvin Hagler.

It was Leonard's speed and foot movement that gave even his toughest opponents a very difficult time finding him. He could attribute his best assets to his training methods.

- Ran 4-5 miles everyday in preparation for the Olympics where he won a gold medal.
- Ran backwards and sideways to try and imitate every movement that goes on inside the ring, most applicably, boxing on the backfoot.
- Wore combat boots for his runs to condition his legs.

Leonard retired from boxing from 3 years and took everyone by surprise when he announced he was making a comeback against the great Middleweight, Marvin

Hagler. Inactivity and eye injuries led the general public and media believe that Leonard was no match for the heavy favourite, Hagler.

Unbeknown to Hagler, let alone the public, Leonard had actually engaged in several real boxing fights behind closed doors to shake off any ring rust. It was this preparation that allowed Leonard to jump straight back into the elite level of boxing after such a long layoff.

# VICTOR ORTIZ

**Born:** 31 January 1987

**Birth Place:** Garden City, Kansas, USA

**Nationality:** American

**Nickname:** Vicious

**Division:** Light Welterweight (140lbs) -

Welterweight (147lbs)

**Height:** 5' 9" / 175 cm

**Reach:** 70" / 178 cm



## ACCOMPLISHMENTS

- WBC Welterweight World Champion

## GREATEST ASSETS

- Short Powerful Right Hooks and Uppercuts

Victor Ortiz is a strong and aggressive fighter with power in both hands. Although he has good speed, punching power and physical strength, Ortiz lacks any outstanding qualities. His best weapon is his right hand when he gets on the inside and throws short and accurate hook and uppercut combinations to the head.

# HOW?

A successful amateur boxing career followed by capturing the USBA & NABO titles made Ortiz the 2008 ESPN Prospect of the Year. An upset loss to Marcos Maidana damaged Ortiz' reputation but he mended it when he beat Andre Berto to become the WBC Welterweight World Champion.

Subsequent losses has further hurt Ortiz's career but nonetheless, he remains a fan friendly and entertaining fighter.

- Trains 3 times a day for 7 days a week during training camp. In between fights he keeps in shape by following the same training regimen minus sparring.
- Performs many outdoor activities to maintain his athleticism including road biking, mountain biking, surfing, skateboarding, swimming and triathlons.
- When doing pad work and shadow boxing, Ortiz would often jab upwards, reaching high. This can be attributed to the conditioning of his right side and getting used to fighting against taller opponents.

Victor Ortiz' physical strength is noticeable just by looking at the width of his back.

This is usually used to his advantage by adopting a style that allows him to bully his opponents around the ring.

Unfortunately, this can and has backfired on him before. Nonetheless, due to Ortiz' speed and punching power combined, his style is effective against many fighters who either cannot match him for the same qualities, or isn't skilled enough to outbox him.

# GEORGE FOREMAN

**Born:** 10 January 1949

**Birth Place:** Marshall, Texas, USA

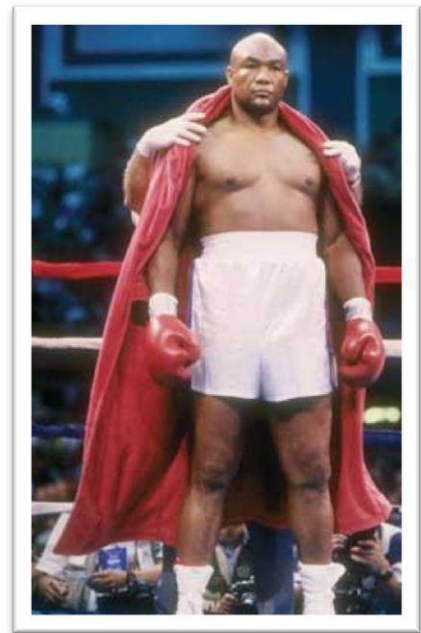
**Nationality:** American

**Nickname:** Big George

**Division:** Heavyweight (200lbs+)

**Height:** 6' 4" / 193 cm

**Reach:** 82" / 208 cm



## ACCOMPLISHMENTS

- 1968 Olympic Heavyweight Gold Medalist
- Two Time Heavyweight World Champion
- Oldest Heavyweight World Champion at age 45
- Successful Entrepreneur and Promoter of the George Foreman Grill

## GREATEST ASSETS

- Extreme Power in Both Hands

Hooks, uppercuts, jabs, crosses – No matter what punch George Foreman decided to throw, he would throw it with unbelievable power, which many of his opponents could not withstand.

Foreman's power is even more impressive given the fact that he was slow and lacked proper punching technique. Nonetheless, his punches were like sledgehammers, his chin was solid and he was also mentally tough. Those three attributes made Foreman very hard to beat.

## HOW?

George Foreman is one of the greatest heavyweight boxers in the history of the sport. He had a successful amateur pedigree, winning a gold medal in the 1968 Olympics, which meant that he had good boxing fundamentals.

As Foreman moved into the professional ranks, his extreme power allowed him to abandon much of the boxing basics that he needed in the amateurs. Described by many as a '*physical freak of nature*', Foreman's training regimen was the foundations upon which he could reach his physical peak.

- After a long 10 year layoff from boxing, Foreman had a big girth so he would perform 400 sit ups per day to help develop the muscles in his stomach again.
- Had a punching bag hung from a metal platform on the back of a truck which enabled Foreman to run and hit the heavy bag at the same time.

- Foreman credited his punching power to come from his forearms rather than his legs or hips. This was a result of jabbing with the left hand for 30 minutes and then throwing a right cross for another 30 minutes.
- Chopping wood to build up physical strength. It's very much the same type of motion as throwing a punch.

During the first phase of Foreman's professional boxing career, he appeared to lack stamina to go the distance. He would later say this was because of nervous energy and when he made his comeback, he controlled his nervousness much more effectively and his stamina was no longer an issue.

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# NONITO DONAIRE

**Born:** 16 November 1982

**Birth Place:** Talibon, Bohol, Philippines

**Nationality:** Filipino / American

**Nickname:** Filipino Flash

**Division:** Flyweight (112lbs) - Super  
Bantamweight (122lbs)

**Height:** 5' 7" / 170 cm

**Reach:** 68" / 173 cm



## ACCOMPLISHMENTS

- 1998 National Silver Gloves Champion
- 1999 National & International Junior Olympics Champion
- 2000 National USA Tournament Champion
- World Champion in Four Weight Divisions

## GREATEST ASSETS

- Fast Hands
- Counter Left Hook
- Great Movement

An excellent all round fighter, Nonito Donaire has all the tools that will enable him to have longevity in boxing. Donaire has very fast hand, good defensive movement of upper body and feet, and because of his speed and technique, he also has excellent power in both hands.

His most notable punch which has developed over the years is his left hook which he utilizes as a counter punch. Donaire has either knocked out, knocked down or hurt many of his opponents with this punch.

## HOW?

Nonito Donaire has gone from strength to strength while moving up the weight divisions, very much like his fellow Filipino and boxing legend Manny Pacquiao. The difference is, Donaire possesses great technical boxing skills which has launched him into the world pound-for-pound rankings.

It was during Donaire's amateur days that he developed his boxing ability. His amateur record was 68-8 (5 TKO's), which means that power wasn't his main attribute. However, he has sharpened his accuracy and power in the professional ranks which has made him a sensational fighter. Donaire undergoes an intense training regime, which includes some interesting methods.

- Uses a Hypoxicator which is a high altitude simulator used for increasing red blood cells which enables the lungs to take in more oxygen thus improving stamina.
- After each workout, he takes the supplements Xtend and Proglycosyn for recovery purposes.
- Donaire abandons running for sprints instead, to develop fast-twitch muscle rather than slow-twitch muscle fiber.

Since working with Victor Conte (supplement specialist), Donaire has taken a more scientific approach to training.

*“You have to work hard, but you have to work smart as well. Before I met Victor I just did the traditional [workouts]. Now I do a lot of physical training , a lot of strength training. Most of all we’ve done things that are smart. Putting the right stuff in my body, recovery, and knowing that recovering is as hard and as important as training hard.”*

# MIGUEL COTTO

**Born:** 29 October 1980

**Birth Place:** Caguas, Puerto Rico

**Nationality:** Puerto Rican

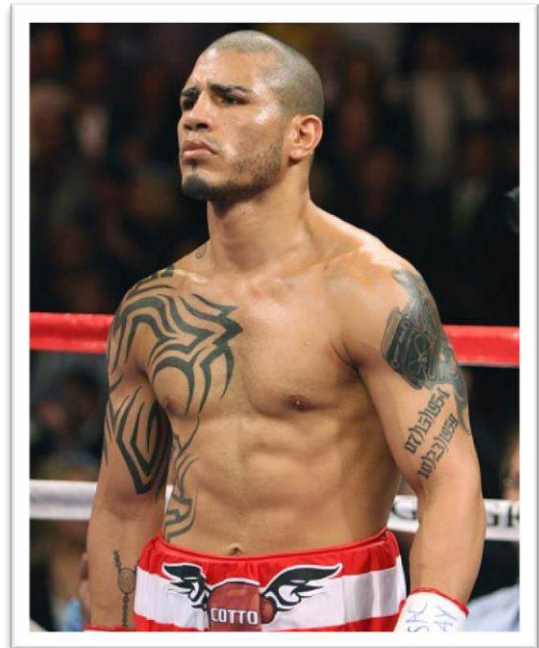
**Nickname:** El Angel

**Division:** Light Welterweight (140lbs) - Light

Middleweight (154lbs)

**Height:** 5' 7" / 170 cm

**Reach:** 67" / 170 cm



## ACCOMPLISHMENTS

- Four Time World Champion in Three Weight Divisions

## GREATEST ASSETS

- Left Hook to the Body
- Mental Toughness

The Puerto Rican people's champ, Miguel Cotto has one of the best left hooks to the body in boxing, which is his most famed punch throughout the course of his entire career.

Cotto has a history of breaking down his opponents with his vicious body shots. Aside from dishing out punishment, Cotto has also been on the receiving end of severe beatings. However, his mental toughness can never be questioned as he has always given it his all in every fight.

## HOW?

Miguel Cotto is well-known for his feud with Mexican warrior Antonio Margarito, who handed Cotto's his first loss. The whole controversy with Margarito's hand wraps that ensued soon after led many to believe that Cotto lost the fight unfairly.

Although it can never be proven without a confession, Cotto got his redemption where he beat Margarito into retirement in their second fight. He also put up a gallant effort in his losses to pound-for-pound legends Manny Pacquiao and Floyd Mayweather Jr.

Cotto is an honest fighter who has the utmost professionalism inside and outside the ring, especially when it comes down to training.

- When Cotto teamed up with famed trainer Emmanuel Steward, Salsa dancing was introduced to the camp to improve agility, rhythm and movement.
- Having changed trainers three times, he has settled on Pedro Diaz, who led the highly successful Cuban national boxing team. They have a great chemistry and has done well together since teaming up.

Cotto has achieved a tremendous amount and is one of the most popular and fan-friendly fighters in boxing. His professionalism is evident as he trains just as hard as he fights.

The change of trainers was a good idea because instead of burning himself out by training six days a week, he now trains four days a week but focuses on more intense sessions.

Throughout Cotto's career, he has matured into a fighter who has learned to enjoy every part of boxing, including the toughest aspects which has given him an amazing determination to win and the grit needed to go to war if necessary.

# SERGIO GABRIEL MARTINEZ

**Born:** 21 February 1975

**Birth Place:** Avellaneda, Buenos Aires, Argentina

**Nationality:** Argentine

**Nickname:** Maravilla (Marvellous)

**Division:** Welterweight (147lbs) - Middleweight  
(160lbs)

**Height:** 5' 10" / 178 cm

**Reach:** 75" / 191 cm



## ACCOMPLISHMENTS

- World Champion in Two Weight Divisions
- *The Ring* & BWAA 2010 Fighter of the Year

## GREATEST ASSETS

- Powerful Straight Left Hand
- Fast Hands and Feet

Sergio Martinez is the definition of an unconventional boxer. He fights with hands down by his side and gets away with it because of his quick foot movement to dart in and out of trouble.

He has power in both hands but his most notable punch is the very fast, powerful and accurate straight left. His ability to control the pace and counter punch effectively makes his opponents think twice before getting close.

## HOW?

Martinez was a late bloomer and didn't start boxing until the age of 20. His previous background of cycling and football combined with natural ability set the path for a short but successful amateur career.

His skills would transcend into the professional ranks where he kept a relatively low profile, fighting against low-medium competition mainly in Argentina and Europe. Since 2008, his popularity steadily rose when he had several notable fights in the USA on HBO Boxing.

Most recently, Martinez fought Julio Cesar Chavez Jr. in which history was made. Martinez suffered a 12<sup>th</sup> round scare when Chavez Jr. unloaded punches and knocked him down. However, Martinez' skill, experience and conditioning from training prepared him to survive such situations.

- Martinez cannot swim but still stands up on a surfboard to maintain his balance.
- Instead of running, he goes cycling because it's his hobby and also causes less strain on the legs as opposed to running.



- Does no more than 60 rounds of sparring for each fight so it doesn't wear out his body or cause any short or long term injuries.

An intelligent individual inside and outside the ring, Martinez is dedicated to his profession and has taken the long and hard road to glory. Considered to be pound-for-pound number three on most major sports news and boxing websites, Martinez has been longing for the number one spot held collectively by Floyd Mayweather Jr. and Manny Pacquiao. If he continues winning, then may just fill that position.

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# SHANE ANDRE MOSLEY

**Born:** 7 September 1971

**Birth Place:** Pomona, California, USA

**Nationality:** American

**Nickname:** Sugar

**Division:** Lightweight (135lbs) - Light

Middleweight (154lbs)

**Height:** 5' 8½" / 174 cm

**Reach:** 71" / 180 cm



## ACCOMPLISHMENTS

- 1989, 1990 & 1992 United States Amateur Lightweight Champion
- 1989 World Junior Championships Silver Medalist
- World Champion in Three Weight Divisions

## GREATEST ASSETS

- Overhand Right
- Left Hook
- Fast Hands

Shane Mosley has many excellent attributes which has enabled him to jump from Lightweight up to Light Middleweight in a short span of time, while still retaining his elite level hand speed and power.

Mosley has power in both hands but perhaps his most devastating punch is the overhand right, which he delivers with such speed and accuracy. His left hook to the head does a lot of damage also and he's frequently put opponents down as a result.

## HOW?

In his days as a lightweight, Shane Mosley was a force to be reckoned with. Blessed with amazing speed and power, Mosley tore through the division becoming a world champion in the process, and touted as the next boxing superstar.

He then jumped up two weight divisions for bigger names and recognition. However, he ran into a bit of trouble by Vernon Forrest who convincingly beat him twice.

Mosley bounced back and throughout his long career, he's fought the best competition, caused major upsets and became a superstar. It would not have been if it wasn't for his intense work ethic.

In recent years, Mosley has been trained by Nazim Richardson who has implemented some interesting training methods to Mosley's routine.

- During Mosley's heavy bag session, Nazim would often swing a towel to try and catch him off guard. This is done to keep Mosley alert.
- Sometimes uses foam sticks as a substitute for mitts because they're more effective for improving hand speed.
- Mosley supplements his workouts with bowling, basketball and snowboarding. Nazim says "*It gives him that muscle confusion and keeps him agile.*"

Shane Mosley has had a long career and all throughout, he's fought top level competition but has never been stopped. It's not only attributed to his iron chin but also his mental toughness and physical conditioning.

# ANDRE WARD

**Born:** 23 January 1984

**Birth Place:** San Francisco, California, USA

**Nationality:** American

**Nickname:** S.O.G (Son of God)

**Division:** Super Middleweight (168lbs)

**Height:** 6' / 183 cm

**Reach:** 71" / 180 cm



## ACCOMPLISHMENTS

- 2004 Olympic Light Heavyweight Gold Medallist
- 2001 United States Amateur Middleweight Champion
- 2002 Under 19 National Championship
- 2003 United States Amateur Light Heavyweight Champion
- World Champion Titles at Super Middleweight
- *The Ring* 2011 Fighter of the Year
- *Super Six Tournament* Winner

## GREATEST ASSETS

- Ring Intelligence
- Ability to Fight on the Inside, Mid-Range or Outside

Andre Ward is one of the most talented boxers of the modern era, He possesses a set of invaluable tools in his arsenal which has allowed him to excel to the elite levels of boxing. Although he lacks big punching power, he has excellent defensive skills and can control the fight no matter what style is presented in front of him.

## HOW?

Natural talent and desire go hand in hand for Andre Ward. Since a young age, Ward has continued winning on a consistent basis from the amateurs to the professional ranks.

Having won a Olympic Gold Medal, Ward hasn't enjoyed the same type of publicity as other fighters who have achieved the same feat. Instead, he's had to fight his way to the top, and winning the Super Six tournament established him as the best Super Middleweight in the world.

One of the secrets to his success lies within his long-time trainer Virgil Hunter who has implemented the right training plan and philosophy for Ward.

- One of the methods Ward uses to strengthen his hands is he stabs his hands with the fingertips first, into a large tub of rice grains. This is a traditional method also used by martial artists.

- Virgil Hunter puts much emphasis on a necessity to train intensely. *“The whole idea is to train until you’re in an uncomfortable, painful situation...I use these situations in Andre’s training, so he knows he’s mentally prepared to handle anything he might encounter in the heat of combat.”*
- Ward occasionally pushes a small pick-up truck or runs with a 45-pound log or plate overhead.
- The mental aspect of training is vital. Hunter says: *“I don’t use reps, because I don’t want you ever to think, ‘I’m done.’ We don’t want that mentality...Quitting points give you the chance to quit right at the point that your pain threshold is about to change.”*

# JEAN PASCAL

**Born:** 28 October 1982

**Birth Place:** Port-au-Prince, Haiti

**Nationality:** Haitian / Canadian

**Division:** Light Middleweight (154lbs) - Light

Heavyweight (175lbs)

**Height:** 5' 11" / 180 cm

**Reach:** 72" / 182 cm



## ACCOMPLISHMENTS

- 2001-2003 Boxer of the Year in Canada
- Gold medallist at the 2002 Commonwealth Games
- Light Heavyweight World Champion

## GREATEST ASSETS

- Power in Both Hands
- Fast Hands

Jean Pascal combines speed and power to take his opponents out. His many flaws including stamina issues and lack of basic fundamentals means that he often relies on his best assets. Pascal's wild swings and unpredictability is only more reason for



his opponents to be more careful, as these are the same flaws that cause problems for other fighters.

## HOW?

The Haitian born fighter Jean Pascal fights out of his adopted home of Canada where he's a star because of his entertaining style and accomplishments.

Throughout his career, Pascal has fought the toughest competition and has only lost to the best. His most high profile fights was with the legendary Bernard Hopkins where he retained his world title in a draw in their first fight and lost the second on points.

Pascal always comes in top physical condition for his fights and he has superb athletic ability.

- Closes his eyes, pointing upwards with his hands together while spinning around for 30 seconds, then attempting to walk in a straight line. This helps him with balance and conditioning for when he gets dazed by a punch.
- Pascal has been a gym rat for his entire boxing career and often splits his training sessions into three periods of morning, afternoon and evening.

Jean Pascal's idol is the legendary fighter Roy Jones Jr. who achieved phenomenal success in boxing, and like Pascal, he was also known to be extremely dedicated to their profession. In Pascal's viewpoint, he says:

*"I've always put boxing before everything else in my life. Before family, before friends, before dating. It's a life choice I made and it is not hard at all. People are wrong when they say that I make sacrifices for my career. I don't make sacrifices...A life choice is conscious. I know that if I sleep well, if I eat well, if I live a clean life and if I'm training as best as I can, I will have more chances to win and to achieve my goals."*

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# TIMOTHY BRADLEY

**Born:** 29 August 1983

**Birth Place:** Cathedral City, California, USA

**Nationality:** American

**Nickname:** Desert Storm

**Division:** Light Welterweight (140lbs) - Welterweight  
(147lbs)

**Height:** 5' 6" / 168 cm

**Reach:** 69" / 175 cm



## ACCOMPLISHMENTS

- Junior Golden Gloves Champion
- Two Time Amateur National Champion
- 2005-2006 WBC Youth World Welterweight Title
- 2006-2007 WBC Youth World Light Welterweight Title
- Three Time World Champion in Two Weight Divisions

## GREATEST ASSETS

- Mental Toughness
- Smart Pressure Fighter

Timothy Bradley elevated himself to the top of the Light Welterweight division by having the mental toughness that pushed him through the toughest fights.

Bradley can box or brawl and would often opt to combine both to apply pressure in an intelligent way. For this reason, many of his opponents cannot handle the rough and gruelling experience that Bradley turns a fight into.

## HOW?

At the age of 10, Timothy Bradley began his boxing journey by competing in 140 amateur bouts, in which he accomplished a number of championship titles. In his professional career, Bradley picked up a world title by beating England's Junior Witter on his home turf.

Since then, he defended his title several times and unified the belts by defeating Kendall Holt and Devon Alexander. Bradley's successful run gave him credit of being the best in the 140lbs division.

But his most high profile and toughest win was against all-time great Manny Pacquiao, in which he won by controversial decision. Bradley stood up to Pacquiao's power punches and pressure by being in superb condition, as always.

- Body cleansing is important for Bradley, so before any serious training, he fasts for 5 days to dispose of all the toxins.

- During training camp, Bradley adopts a strict vegan diet after being advised to do so in 2008. This has resulted in giving him more energy and endurance. Due to his diet, he said *“My thoughts are clear, crisp. Everything is working perfectly - I feel clean.”*
- The emphasis on strength is high, as highlighted by Bradley’s body structure. Exercises such as pushing huge tractor tyres and general weight lifting.
- Push ups by using his chin (opening and closing the mouth) strengthens his neck and jaw, which enhances the ability to absorb a punch.

Bradley’s father embedded the importance of a hard work ethic, dedication and the ‘never give up’ mentality in Bradley’s mind from such a young age. It’s now the very essence in which he lives his life by, in and out of the ring.

# CARL FROCH

**Born:** 2 July 1977

**Birth Place:** Nottingham, England

**Nationality:** British

**Nickname:** Cobra

**Division:** Super Middleweight (168lbs)

**Height:** 6' 1" / 185 cm

**Reach:** 74½" / 189 cm



## ACCOMPLISHMENTS

- 2001 World Amateur Boxing Championships Bronze Medallist
- Three Time World Champion at Super Middleweight

## GREATEST ASSETS

- Iron Chin
- Heavy Handed

One of the toughest guys in boxing is Carl Froch. He has fought the best fighters in his division consecutively and has come out victorious more often than not. Froch has a leaky defense and has absorbed big punches from power punchers, often without even batting an eyelid.

Although Froch doesn't have one punch knockout power, he has very heavy hands that will hurt when connected, which makes his opponents respect him even more.

## HOW?

Carl Froch recent run of opponents in the Super Six Tournament has perhaps been the most impressive resume during recent years in boxing. Not only were his opponents tough, but he also travelled, often to their backyards to face them.

Many people forget that before the tournament, Froch has faced very tough competition coming up through the ranks also. This is what made him such a gritty, determined and experienced fighter. Froch is trained by Robert McCracken, and they've formed a strong bond since Froch's amateur days.

- Froch has a high work-rate, which can be attributed to his runs. It consists of 4-5 runs per week, the longest being between 6-7 miles, at a very intense pace of 6 minutes per mile.
- In terms of his punching power, Froch acknowledges the fact that you can only improve it to a certain extent. However, he credits his power partly to his wide back, which he attained from doing many pull ups.

- Push ups is a form of exercise that Froch recommends. He has really honed this exercise to the highest level, with his ability to do between 200-250 push ups in 2 and a half minutes.

There's really more than meets the eye with Carl Froch. When you watch him fight, his style and technical ability is crude, but underrated and more importantly, underneath it all is a man that's willing to go through hell to beat his opponent.

Through sheer determination and a high work rate combined with his physical strength, Froch manages to outfight his opponents to victory in most cases.



# BERNARD HOPKINS

**Born:** 15 January 1965

**Birth Place:** Philadelphia, Pennsylvania, USA

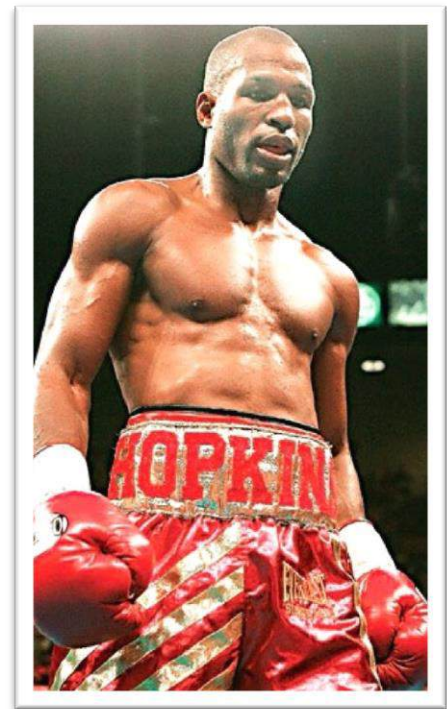
**Nationality:** American

**Nickname:** The Executioner & B-Hop

**Division:** Middleweight (160lbs) Light Heavyweight  
(175lbs)

**Height:** 6' 1" / 185 cm

**Reach:** 75" / 191 cm



## ACCOMPLISHMENTS

- Former Undisputed World Middleweight Champion
- First Fighter to Retain All World Titles of Each Major Boxing Sanctioning Body in the Same Fight
- Defended a World Middleweight Title a Record 20 Times
- Oldest Boxer to Ever Win a World Title at Age 46

## GREATEST ASSETS

- Ring Intelligence
- Defensive Skills – Philly Shell

Bernard Hopkins is one of the greatest fighters of all time. His longevity in boxing is highly credited to his healthy lifestyle, superb ring intelligence and defensive capabilities. This has allowed him to beat many young fighters in their prime while Hopkins himself was past the normalities of boxing age.

## HOW?

Having been the underdog many times throughout his long career, especially during the later stages, Bernard Hopkins feeds off other people's doubts and criticism. The haters only drive Hopkins to achieve the impossible.

His most notable fights are ones where he's faced much younger opposition in their primes, where he was thought to have been too old. These include a TKO win over Felix Trinidad at age 36, UD wins over Antonio Tarver and Kelly Pavlik at ages 41 and 43, and a UD win over Jean Pascal at age 46 where he became the oldest boxer to ever win a world title.

These achievements are because of a healthy lifestyle and great preparation before a fight.

- In the latter parts of his career, Hopkins has focused on his hand to eye coordination and reflexes by taking a tennis ball or a jack ball and swinging it around, then trying to catch it as quick as possible.

- A strict diet is essential for a healthy body, therefore, Hopkins eats no red meat, but chooses to eat poultry instead such as chicken and fish, and also quality grains, nuts and fruit.
- Hopkins makes a habit of using hand grips that he constantly squeezes in order to build up muscles in the hands and forearms.

There's a lot to learn from Bernard Hopkins, in and out of the ring. He's the epitome of how far discipline and dedication can take you. He learned his trade in prison, grasping the fundamentals of boxing that most boxers lack today, which has allowed really allowed him to take advantage of his opponents weaknesses.

Having been sentenced to 18 years in prison for nine felonies when he was 17, is a stark contrast to being in the limited group of elite fighters in the boxing world.

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# MUHAMMAD ALI

**Born:** 17 January 1942

**Birth Place:** Louisville, Kentucky,, USA

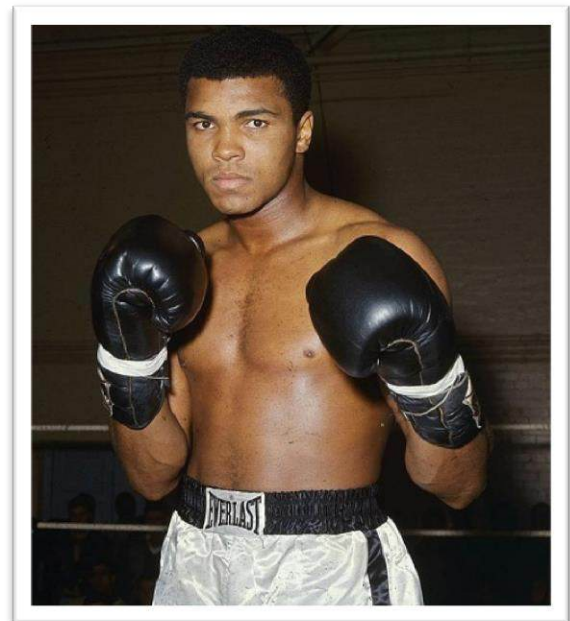
**Nationality:** American

**Nickname:** The Greatest & The People's  
Champ

**Division:** Heavyweight (200lbs+)

**Height:** 6' 3" / 191 cm

**Reach:** 80" / 203 cm



## ACCOMPLISHMENTS

- 1960 Olympic Light Heavyweight Gold Medallist
- First and Only Three Time Lineal World Heavyweight Champion
- *Sportsman of the Century* by Sports Illustrated
- *Sports Personality of the Century* by BBC

## GREATEST ASSETS

- Left Jab
- Hand Speed
- Foot Movement

One of the greatest of all time, and arguably the greatest heavyweight ever, Muhammad Ali has a style that's best described in his own words "*float like a butterfly, sting like a bee*".

True to every word, Ali used his superior foot movement to keep his opponents off balance and walking onto punches that they don't see. His jab was a thing of beauty, delivered with such quickness and accuracy which sets him up for the right hand.

## HOW?

Muhammad Ali transcends boxing and is seen as a cultural icon, who's idolized all around the world. As a fighter, he was cocky and was known for his trash talk, but would back it up every time.

In an era where the heavyweight division was filled with so many other great fighters, Ali was involved in a number of historic fights against Sonny Liston, Joe Frazier, George Foreman and Ken Norton. Ali was an innovator at a time where boxing didn't have much scientific training behind it.

He devised the rope-a-dope strategy which he used to defeat George Foreman. This required Ali to stay on the ropes for long periods of time, while his opponent swung away at him, often missing due to Ali leaning backwards whenever they punched. The whole aim is to get his opponent to become exhausted and wear down during the course of the fight.

During sparring sessions, Ali would sometimes allow his sparring partners to hit him at will by laying on the ropes. He may have been practicing his rope-a-dope strategy, but unfortunately, the punishment he sustained during these sparring sessions would affect his health towards the end of his boxing career.

The legendary trainer, Angelo Dundee was Ali's trainer throughout much of his career and knows first-hand just how special his fighter was and the kind of work ethic he had. *"A lot of times, he couldn't get a ride from Miami to 5th Street Gym, so he would run from his apartment and then run back. I'd say it's about seven miles...He was the first guy in the gym, and the last to leave".*

# JOE FRAZIER

**Born:** 12 January 1944 - November 7, 2011

**Birth Place:** Beaufort, South Carolina, USA

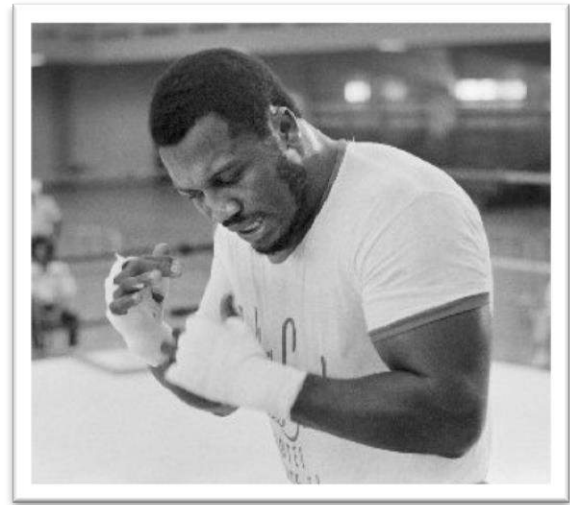
**Nationality:** American

**Nickname:** Smokin' Joe

**Division:** Heavyweight (200lbs+)

**Height:** 5' 10" / 178 cm

**Reach:** 73" / 185 cm



## ACCOMPLISHMENTS

- 1962, 1963 and 1964 Golden Gloves Heavyweight Championship
- 1964 Olympic Heavyweight Gold Medallist
- Undisputed World Heavyweight Champion

## GREATEST ASSETS

- Left Hook
- Bobbing and Weaving Defense
- Mental Strength

Joe Frazier is another all-time great coming from an era where the heavyweight division was jam packed with great fighters. He was famous for his powerful left hook which accounted for the majority of his knockouts.

Frazier was a relentless pressure fighter who would bob and weave to avoid punches while getting into range to unload his own punches. A strong mind was displayed throughout Frazier's entire career, sometimes taking so much punishment without quitting as best seen in his third fight with the legendary Muhammad Ali.

## HOW?

By a stroke of luck, Joe Frazier entered the Olympics as a replacement for the original fighter, Buster Mathis who was injured. Frazier was very well prepared due to his workhorse nature. He'd spar whoever he could, in his own words "*Middleweight, light heavyweight, it didn't matter to me, I got in there and boxed all comers*".

After running through the heavyweight division and winning a world title in the process, Frazier would be the first man to beat Muhammad Ali. His three fights with Ali would forever shape his legacy, because of the taunts that he had to endure from Ali, and the intensity of these fights.

In training, Frazier never slacked off, which is why he superseded other fighters who were more talented than himself. It's what gave him the energy that allows him to



have a relentless style. Sparring was a huge part of his game, he said “*Sparring is the real deal. You can’t be a star unless you spar*”.

Frazier did no weight training, only calisthenics which consisted of push ups, pull ups and sit ups. These were more effective as it required using the entire body for a certain motion. To strengthen his ability to take body shots, there was an emphasis on getting his trainer to launch a medicine ball towards his abdominals and sides.

Joe Frazier’s workout was quite simple, since he was a simple man. However, it’s clear that he brought it to another level and constantly, not to mention repetitively, performed these exercises at the highest intensity.

## RECOMMENDATIONS

### HOW TO BOX IN 10 DAYS

If you're just starting out in boxing, then I would highly recommend the *How To Box In 10 Days* workshop where it covers everything from getting the right equipment, perfecting your stance to how to spar, ensuring that you get the very best start.



It features a 300-page instructional ebook, 32-page workbook, and 1hr 45min of video instruction.

[Click Here To Visit How To Box In 10 Days](#)

### ADVANCED BOXING WORKSHOP

Do you already have experience boxing but want to improve in certain aspects of your boxing?

Then you need to get the Advanced Boxing Workshop which will give you the correct tips and techniques to improve your balance, footwork and punching power, packed within 2 hours' worth of video footage.



[Click Here To Visit The Advanced Boxing Workshop](#)

## SHOW AND GO TRAINING

If you want to maximize strength, lose fat and build a lean physique without affecting body responsiveness, then I highly recommend Show & Go Training.

It's designed for athletes of all levels and features a comprehensive training manual and video database, training templates, 5 custom metabolic conditioning programs, exercise modifications and 5 amazing bonuses.

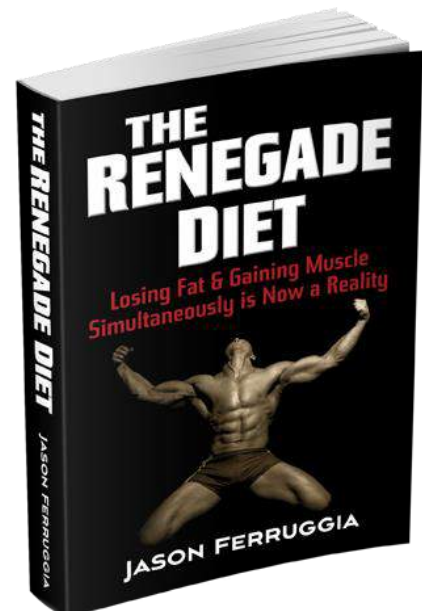


[Click Here To Visit Show And Go Training](#)

## THE RENEGADE DIET

What you eat and when you eat is vital to getting the best out of your body, both physically and mentally. If you're interested in extreme physique transformation and the highest level of performance training, then I highly recommend The Renegade Diet.

This amazing 168-page eBook will change the way you think about food, and it'll implement a whole new and much healthier lifestyle altogether.



[Click Here To Visit The Renegade Diet](#)

# OUTRO

To become a champion, you have to train like a champion.

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