

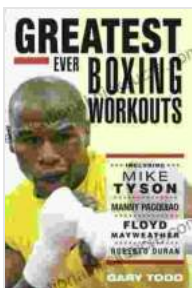
The Greatest Ever Boxing Workouts

Mike Tyson was one of the most feared boxers in history, known for his incredible punching power and aggressive style. His workout routine was designed to build strength and power, and it included a variety of exercises, such as:

- **Barbell squats:** 3 sets of 10-12 reps
- **Bench press:** 3 sets of 10-12 reps
- **Overhead press:** 3 sets of 10-12 reps
- **Pull-ups:** 3 sets of 10-12 reps
- **Dips:** 3 sets of 10-12 reps
- **Sprints:** 10 sets of 100 meters

Tyson would also train with heavy bags and speed bags, and he would often shadowbox for hours at a time.

Manny Pacquiao is one of the greatest boxers of all time, known for his incredible speed, agility, and power. His workout routine is designed to improve all of these areas, and it includes a variety of exercises, such as:



Greatest Ever Boxing Workouts - including Mike Tyson, Manny Pacquiao, Floyd Mayweather, Roberto Duran

by Gary Todd

★★★★☆ 4.3 out of 5

Language : English

File size : 26187 KB

Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 193 pages



- **Roadwork:** 6 miles at a 7-minute pace
- **Speed bag:** 3 rounds of 3 minutes
- **Heavy bag:** 3 rounds of 3 minutes
- **Shadowboxing:** 3 rounds of 3 minutes
- **Plyometrics:** 3 sets of 10 reps
- **Sprints:** 10 sets of 100 meters

Pacquiao would also train with a variety of other exercises, such as swimming, biking, and running.

Floyd Mayweather is one of the most successful boxers of all time, known for his defensive skills and incredible footwork. His workout routine is designed to improve all of these areas, and it includes a variety of exercises, such as:

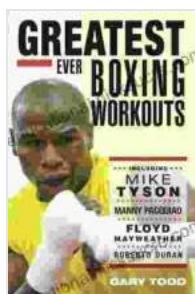
- **Treadmill:** 30 minutes at a 6-minute pace
- **Elliptical trainer:** 30 minutes at a 7-minute pace
- **Heavy bag:** 3 rounds of 3 minutes
- **Speed bag:** 3 rounds of 3 minutes

- **Shadowboxing:** 3 rounds of 3 minutes
- **Agility drills:** 3 sets of 10 reps
- **Sprints:** 10 sets of 100 meters

Mayweather would also train with a variety of other exercises, such as swimming, biking, and running.

These are just a few examples of the many great boxing workouts that have been used by some of the greatest boxers in history. If you are looking to improve your boxing skills, then you can use these workouts as a starting point. However, it is important to remember that everyone is different, and you may need to adjust these workouts to fit your own individual needs and goals.

With hard work and dedication, you can achieve your boxing goals and become a better boxer.



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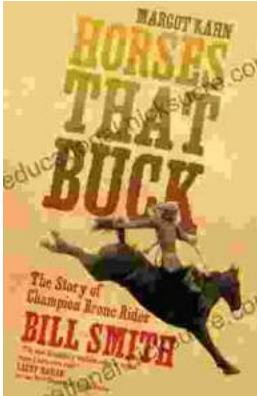
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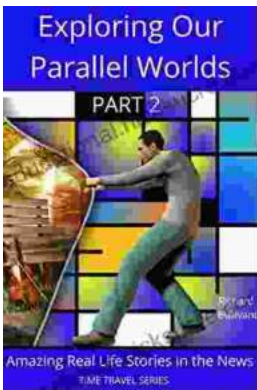
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