



Total Knockout Fitness

Martin Mckenzie, Stefanie Kirchner

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Are you ready to square off with the champion of total-body workouts? Prepared to burn calories, increase power and strength, sculpt muscles and transform your body? Then step into the ring with *Total Knockout Fitness*.

Martin McKenzie, coach and advisor to world and business leaders, celebrities and top athletes, and Stefanie Kirchner, nutrition and holistic health therapist, team up to share their highly touted program that has produced amazing results for some of today's highest-profile athletes and stars.

In this special package, you'll learn how to combine boxing, cardio, and cross-training to create a fast-paced program that works your entire body. With full-color photos, step-by-step descriptions of essential punches and combinations, and a DVD of workouts, variations and training tips, *Total Knockout Fitness* contains everything you need in order to begin the program and change your life.

You'll learn how to incorporate high-tempo movements and engage the core and upper- and lower-body muscles to burn fat and increase strength, flexibility, agility and cardiorespiratory endurance. And using rapid-fire moves, you'll not only tone muscles but also enhance mind-body awareness, reduce stress and boost energy levels.

Ideal for home or gym, with routines that can be performed solo or with a partner, the blend of boxing, cardio and cross-training is a fun and challenging yet unconventional program that works.

If you're ready to achieve that knockout body, look no further than *Total Knockout Fitness*.

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