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Gary Todd is the author of Workouts from Boxings Greatest Champs. ected 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 worlds most physically powerful men.

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Body belt: 4 -12x3 minutes depending on stage of training camp, ticky does this exercise working with hist trainer. His trainer wears a 6 inch padded leather vest that straps around his body and he uses focus pads.

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