

BOXING TRAINING FIGHT BALL



"It's entertaining and fun for all ages. My 4 year old son and 72 year old dad have used it. It's challenging yet very straightforward. You work your way up to more intense workouts!"



Boxing is not only about strength and power, but also about reaction and reflexes. If you are a bit slow, no matter how tough and strong you are – you're a goner. Thankfully, you can train your reaction just like you do your muscles.

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