

Complete CardioKickboxing

**A Safe & Effective
Approach to High
Performance
Living**

**Take the
Guesswork
out of your
Workout!**

Tom Seabourne, Ph.D.

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Sylvia Nasser

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Complete Cardiokickboxing Thomas Seabourne,1999 The acts of punching kicking and blocking are broken down and explained so they can be performed safely and achieve maximum results Nutritional guidelines proper breathing techniques and mind body meditations are also discussed 200 illustrations *The Complete Idiot's Guide to Kickboxing* Karon

Karter,Guy Mezger,2000 Provides an introduction to the sport of kickboxing including equipment techniques training and fitness routines preparing for competitions self defense and related matters **Easy Home, Non-Equipment Workouts**

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