



The Institute of Human Performance

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Circuit Training for Boxing

\$ 39.95

FitMoves™ for Sports is the definitive DVD on sports training. JC Santana has designed more than 30 powerful sport-specific circuits using more than 300 exercises! All sports are covered and grouped together by biomechanical similarities. JC will show you how *FitMoves™ for Sports* can train a single individual or an entire team in under 30 minutes, with equipment recommendations that fit any budget.

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Volume I covers basketball, volleyball, soccer, lacrosse, tennis, judo, swimming, surfing, skateboarding, rock climbing, and much more!

Whether you are a coach, a personal trainer, a parent, or an athlete, *FitMoves™ for Sports* will help you develop the functional strength and conditioning you need to reach your full athletic potential.

[Vendor Information](#)

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