



The Knockout Workout: 3 Winning Steps to Improve Your Body and Your Life

Mia St. John

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The workout book that really packs a punch

Who needs to be in better shape than a professional boxer? Who better to help a woman of any age get into her finest possible physical condition and stay there than WBC Welterweight Champion Mia St. John? In *The Knockout Workout*, Mia helps you master the exercises and workouts that keep boxers and martial arts experts fit and trim. With clear, step-by-step instructions and plenty of detailed photos, she shows you how to punch and kick your way to a level of fitness you never thought possible. She provides diet tips and meal plans that keep you healthy, satisfied, and slim, along with mental strategies to achieve power, calmness, and tenacity.

Don't try to slim down with quick fixes or bulk up with heavy weights. Follow the simple three-step program you'll find in *The Knockout Workout*, and you'll be a knockout in no time!

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