



# Weightlifting for Boxers: A Fighter's Guide to Strengthening and Conditioning

*Dr. Anthony V. Gioia*

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**Weightlifting for Boxers: A Fighter's Guide to Strengthening and Conditioning** Dr. Anthony V. Gioia *Weightlifting for Boxers* contains a new, comprehensive strengthening, core conditioning workout for fighters of all disciplines. Whether a boxer, MMA fighter, or traditional martial artist, the reader will discover new ways to develop muscle power and body hardening that can be applied to any of the combat sports. **About the Author**

Dr. Anthony V. Gioia is a chiropractic physician and practices in Algonquin, Illinois. He has also been certified in acupuncture and is a certified chiropractic rehabilitation doctor (CCRD). He has been training through it all.

He currently resides in McHenry, Illinois, with his two daughters, Brianna and Ellie. In addition to his educational and physical training, Dr. Gioia found time to earn his private pilot's license and recently became engaged.

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