



# Total Knockout Fitness, Enhanced Edition

*Martin McKenzie, Stefanie Kirchner*

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**Total Knockout Fitness, Enhanced Edition** Martin McKenzie, Stefanie Kirchner

Total Knockout Fitness: Enhanced Edition contains everything you need in order to burn calories and fat, increase power and strength, build cardiorespiratory endurance, sculpt muscles, and transform your body.

Martin McKenzie, one of the UK's premier personal trainers, and Stefanie Kirchner, nutrition and holistic health therapist, team up to share their highly touted program that has produced amazing results for some of today's highest-profile athletes and stars. Ideal for home or gym, with routines that can be performed solo or with a partner, McKenzie's blend of boxing, cardio and cross-training is a fun and challenging yet unconventional program that works.

You'll learn how to combine boxing, cardio, and cross-training to create a fast-paced program that works your entire body and also enhances mind-body awareness, reduces stress and boosts energy levels. There are full-color photos, step-by-step descriptions of essential punches and combinations, variations and training tips, and videos for three complete routines: Basic Ultimate Cardio Booster Workout, Intermediate Ultimate Weight-Loss Workout, Advanced Ultimate Strength and Power Booster Workout.

If you're ready to begin the program to achieve that knockout body you desire, step into the ring with Total Knockout Fitness: Enhanced Edition.

This enhanced e-book with video is now available for purchase through Amazon's Kindle store and is compatible with iOS devices—iPhone, iPad, and iPod Touch—using the iBooks or Kindle app.

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