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Very useful book that helps you to put things in perspective. I'd recommend using this book as a reference to reinforce your usual boxing training in the gym. There's nothing revolutionary in the book itself but it is worth the bucks for its detailed explanation on boxing conditioning in go-nayked.coms: Boxer's Book of Conditioning & Drilling by Mark Hatmaker Going beyond the standard workout for boxers, this innovative manual introduces a diverse set of training methods, integrating them into drill sets that build the athletic attributes for which past and present fighters are known. (pages) This book is number 14 (!) in our continuing series. Right up front, yes, you see that word "Boxer" on the cover and, yes, the book's specific focus is conditioning for boxing but also the book is intended for conditioning all strikers. Oct 01, The Book of Essential Submissions. Boxing Mastery. No Second Chance: A Reality-Based Guide to Self-Defense. MMA Mastery: Flow Chain Drilling and Integrated O/D Training. MMA Mastery: Ground and Pound. MMA Mastery: Strike Combinations. Boxers Book of Conditioning & Drilling. Books are available through major bookstores and booksellers on the Internet.5/5(1).

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