

Boxing Training Program

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Boxing Training Program

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SKINNER MALDONADO

Complete Idiot's Guide to Fitness Boxing Illustrated Tracks Publishing

From the top Hollywood boxing coach comes a proven fitness program that will get women in knockout form for their everyday lives.

Ultimate Boxing Workout Createspace Independent Publishing Platform

Boxing is the ideal workout for fitness and conditioning. No wonder more and more people around the world, both women and men, are discovering how to stay fit through boxing exercises. Stamina, strength, speed, endurance and more are all within your reach through Ultimate Boxing Workout: Authentic Workouts for Fitness. Experience the challenging physical training of a boxer and get in the best physical condition of your life. These exhilarating interval workouts teach you the foundations of boxing training, body awareness, proper execution of movements all resulting in a challenging and safe exercise program. Boxers are the best conditioned athletes in the world. The Ultimate Boxing Workout replicates the most beneficial elements of a boxer's practice to maximize results in the shortest amount of time. It is fun, effective, and dynamic, and it includes routines that cover all aspects of boxing training. Here, at last, both women and men will find boxing and fitness in perfect balance.

The Next Generation of Boxing Training Simon and Schuster
A 12 week strength & conditioning training program for Boxing, focusing on speed development for an intermediate level. DS Performance have created an exclusive series of sport specific, strength & conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40%-95%. The tables are broken down into 5% loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. What's the most important physical attribute to being a good boxer?

Stamina, speed, agility, strength and power - well a good fighter needs to maters them all to succeed. Punching is a very dynamic action and this needs to be replicated multiple times throughout the rounds and this takes lots of conditioning and specific work. This is why our programmes have been designed to develop the key physical attributes for Boxing. Covering the essential physical aspects to Boxing is just as important as putting the time in on the pads. Choose your current training level, Amateur, Intermediate and Advanced for the variable you would like to train and progress your way up to "Advanced" to really improve your performance. The three levels, Amateur, Intermediate and Advanced represents more your current training age, experience and skill level. Because weight training and other training methods have a completely different set of skills required when lifting and training correctly, compared to your sport. DS Performance training programmes are written to run alongside a skill/sport specific based training plan. DS Performance programmes provide sessions for 3 days of training a week, in between your skill/sport specific training sessions. DS Performance has selected five of the most important physical performance variables/attributes for each of the sports that are essential in developing your performance. DS Performance strength & conditioning training programmes have been written for 20 of the most popular sports globally, the sports selected have a wide range of physical attributes and together we have targeted the primary performance variables, to develop them for increases in your personal performance. DS Performance has been developed to bring elite training methods to everyone, from all levels of sporting ability. The mission of DS Performance is to make training programmes utilised by professional athletes available to all sporting enthusiasts and performers. DS Performance are providing you with training programmes

designed by ex-Team GB athletes and coaching staff that have the practical and applied experience through a wide range of individual and team based sports. Combined with the vast experience an International athlete has on training and peak performance, who also are qualified to a minimum of Post Graduate level, in the form of Masters Degrees in Sport Science, Strength & Conditioning.

Workouts from Boxing's Greatest Champs Createspace Independent Publishing Platform
What better home for your notes, thoughts, plans and doodles than this journal? Wondering how to start journaling? Buy this book, pick up a pen or pencil and start your personal journey

The Ultimate Guide to Weight Training for Boxing Createspace Independent Publishing Platform

A 12 week strength & conditioning training program for Boxing, focusing on strength development for an amateur level. DS Performance have created an exclusive series of sport specific, strength & conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40%-95%. The tables are broken down into 5% loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. What's the most important physical attribute to being a good boxer?

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The Gleason's Gym Total Body Boxing Workout for Women Price World Pub

The Unstoppable Boxer: The Workout Program That Uses Cross Fit Training and Enhanced Nutrition to Boost Your Boxing Potential This book will help you develop faster and stronger muscles in a short period of time. Three different intensity levels are provided in the form of calendars: NORMAL, ALTERNATE NORMAL, and

LIGHT. Each one has a varied difficulty level so that you can start with one plan and then decide if it's too hard or too easy and move to one of the other versions of this cross fit training program. This book will help you to have: - Accelerated muscle growth - Enhanced strength, mobility, and muscle reaction. - Increased capacity to train for long periods of time - Faster increase of lean muscle mass - Reduced muscle fatigue - Quicker recovery times after competing or training - More energy throughout the day - More confidence in yourself and what you are trying to achieve - A better attitude towards exercise and nutrition This cross fit program includes several meal plans in the form of recipes specific to each meal of the day but you can adapt them to your particular situation. They are all high in protein and easy to prepare so that you can see fast results in the least amount of time. This training program comes with a warm up routine and exercise program. Make sure you complete the warm up exercises to prevent injuries and be able to continue the training program without interruptions

Developing Boxing Based and Indoor Cycling Programs

Contemporary Fighting Arts, LLC

Boxing Domination: A 21-Day Program to Psych-Out, Confuse, Frustrate, and Beat Your Opponent in Boxing and Mixed Martial Arts is a unique boxing training program made for fighters who want to dominate and ultimately beat their opponents in the ring. In fact, when used correctly, this one-of-a-kind boxing program will produce excellent results in as little as 21 days. Boxing Domination is different from any other boxing training book. Actually, the "unconventional" boxing techniques, tactics and strategies featured in this book are seldom seen or discussed in boxing circles. Nevertheless, these unorthodox techniques will allow you to psych-out and quickly dominate your opponents in boxing, mixed martial arts, and kick boxing. Best of all, this domination program works seamlessly with any boxing routine or combat sports workout regimen. With lots of detailed photographs and easy-to-follow instructions, Boxing Domination has beginner, intermediate and advanced training programs that will dramatically enhance and expand your fighting repertoire. This innovative boxing program is based on best-selling author,

Sammy Franco's 30+ years of research, training and teaching the combat arts. He's taught this unique development system to his top students, and he's confident they will help you become a superior fighter. Whether you're an elite fighter or just a beginner, Boxing Domination will take your fighting skills to the next level and beyond!

The Boxing Coach's Guide to Cross Fit Training for Enhanced Performance Independently Published

"The Ultimate Guide to Weight Training for Boxing" is the most comprehensive and up-to-date boxing-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year round boxing-specific weight training programs guaranteed to improve your performance and get you results. No other boxing book to date has been so well designed, so easy to use, and so committed to weight training. This book supplies you with a yearround workout program designed to increase punching speed and power in your jabs, hooks, and uppercuts. Following this program will raise your stamina and endurance which will result in extraordinary footwork that will have you dancing around opponents and hitting them with sharp combinations until the final bell. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

Ds Performance Strength & Conditioning Training Program for Boxing, Speed, Intermediate Createspace Independent Publishing Platform

Fitness boxing is one of the hottest workout trends across America, with over 10,000 health clubs featuring fitness boxing and boxaerobics programs. But what is fitness boxing, exactly? It's an exercise program that uses aspects of professional boxing training and aerobics to build strength and confidence, and of course, burn calories. And, it's fun--especially with a partner. This is the only book of its kind to lead the reader through each dynamic stage of fitness boxing. From stretching and jumping rope to sit ups, toning, and leg work, to each kind of punch and their combinations, expert Tom Seabourne puts it all together in this knockout of a fitness title. And, to make it even easier, he and two of his students demonstrate the program on a professional 30- minute DVD, produced for and packaged exclusively with this title.

Advanced Boxing Price World Publishing

The Complete Strength Training Workout Program for Boxing: Increase power, speed, agility, and resistance through strength training and proper nutrition. This training workout program will change how you look and how you feel. If you follow the program you should see great results fast. Both a NORMAL and an INTENSE version of this training program are included to make sure you are challenged enough to make a significant change to your body. The recipes included are specific to each time of the day but you can and should add a meal here and there depending on what your body needs. This training program comes with a warm session and exercise routine so make sure you don't skip the first to stay injury free to be able to complete the program.

Additionally, this training program solves the eating dilemma by giving many options in terms of nutrition. It comes with delicious breakfast, lunch, dinner, and dessert recipes so you can satisfy hunger and still eat healthy. An entire chapter in this book is dedicated to muscle shake recipes to help you fully absorb as much protein as possible in a healthy way but make sure to drink plenty of water to help your body digest all this protein adequately. Anyone can get fitter, leaner, and stronger, it just takes discipline and a great training program to get you exercising and eating right. People who begin this training plan will see the following: - Increased muscle growth - Enhanced strength, mobility, and muscle reaction. - Better capacity to train for long periods of time - Lower muscle fatigue - Faster recovery times after competing or training - Increased energy throughout the day - More confidence in yourself - A better attitude towards exercise and nutrition

DS Performance Strength & Conditioning Training Program for Boxing, Agility, Advanced Simon and Schuster

The Ultimate Guide to Weight Training for Boxing is the most comprehensive and up-to-date boxing-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round boxing-specific weight-training programs guaranteed to improve your performance and get you results. No other boxing book to date has been so well designed, so easy to use, and so committed to weight training. This book supplies you with a year-round workout program designed to increase punching speed and power in your jabs, hooks, and uppercuts. Following this program will raise your stamina and endurance which will result in extraordinary footwork that will have you dancing around opponents and hitting them with sharp combinations until the final bell. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

DS Performance Strength & Conditioning Training Program for Boxing, Strength, Intermediate AuthorHouse

A 12 week strength & conditioning training program for Boxing, focusing on power development for an amateur level. DS Performance have created an exclusive series of sport specific, strength & conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40%-95%. The tables are broken down into 5% loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. What's the most important physical attribute to being a good boxer? Stamina, speed, agility, strength and power - well a good fighter needs to maters them all to succeed. Punching is a very dynamic action and this needs to be replicated multiple times throughout the rounds and this takes lots of conditioning and specific work. This is why our programmes have been designed to develop the key physical attributes for Boxing. Covering the essential physical aspects to Boxing is just as important as putting the time in on the pads. Choose your current training level, Amateur, Intermediate and Advanced for the variable you would like to train and progress your way up to "Advanced" to really improve your performance. The three levels, Amateur, Intermediate and Advanced represents more your current training age, experience and skill level. Because weight training and other training methods have a completely different set of skills required when lifting and training correctly, compared to your sport. DS Performance training programmes are written to run alongside a skill/sport specific based training plan. DS Performance programmes provide sessions for 3 days of training a week, in

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Notebook Simon and Schuster

Power Boxing Workout Secrets: A 21-Day Program to Becoming a Devastating Knockout Puncher in Boxing and Mixed Martial Arts is a unique power development program made for fighters who want to be champions by dramatically increasing their power and explosiveness in the ring. When used correctly, this comprehensive power program will double your knockout power and fighting explosiveness in as little as 21 days. Power Boxing Workout Secrets is different from any other boxing program. The boxing drills and exercises featured in this program are seldom seen or discussed in boxing circles. Nevertheless, these power development "workout secrets" will allow you to quickly dominate your opponent in boxing, mixed martial arts, kick boxing and even self-defense. Best of all, this power program works seamlessly with any boxing routine or combat sports workout regimen. With dozens of detailed photographs and step-by-step instructions, Power Boxing Workout Secrets has beginner, intermediate and advanced training drills and exercises that will multiply your power and explosiveness in the ring. This innovative power boxing program is based on best-selling author, Sammy Franco's 30+ years of research, training and teaching the combat arts. He's taught this unique power development system to his top students, and he's confident they will help you become a superior fighter. Whether you're an elite fighter or just a beginner, Power Boxing Workout Secrets will take your fighting power to the next level and beyond!

Speed Boxing Secrets Crowood Press (UK)

A 12 week strength & conditioning training program for Boxing, focusing on agility conditioning for an advanced level. DS Performance have created an exclusive series of sport specific, strength & conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40%-95%. The tables are broken down into 5% loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. What's the most important physical attribute to being a good boxer? Stamina, speed, agility, strength and power - well a good fighter needs to maters them all to succeed. Punching is a very dynamic action and this needs to be replicated multiple times throughout the rounds and this takes lots of conditioning and specific work. This is why our programmes have been designed to develop the key physical attributes for Boxing. Covering the essential physical aspects to Boxing is just as important as putting the time in on the pads. Choose your current training level, Amateur, Intermediate and Advanced for the variable you would like to train and progress your way up to "Advanced" to really improve your performance. The three levels, Amateur, Intermediate and Advanced represents more your current training age, experience and skill level. Because weight training and other training methods have a completely different set of skills required when lifting and training correctly, compared to your sport. DS Performance training programmes are written to run alongside a skill/sport specific based training plan. DS Performance programmes provide sessions for 3 days of training a week, in between your skill/sport specific training sessions. DS Performance has selected five of the most important physical performance variables/attributes for each of the sports that are

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DS Performance Strength & Conditioning Training Program for Boxing, Speed, Amateur John Blake Publishing Ltd

The Boxing Coach's Guide to Cross Fit Training for Enhanced Performance: Discover Your Students Physical Potential through Dynamic Cross Fit Workouts This cross fit training program will help change how your students look and feel. It will help them develop faster and stronger muscles in a short period of time. There are three different intensity levels are provided in the form of calendars: NORMAL, ALTERNATE NORMAL, and LIGHT. Each one has a varied difficulty level so that you can start with one plan and then decide if it's too hard or too easy and move to one of the other versions of this cross fit training program. This book will help you to have: - Accelerated muscle growth - Enhanced strength, mobility, and muscle reaction. - Increased capacity to train for long periods of time - Faster increase of lean muscle mass - Reduced muscle fatigue - Quicker recovery times after competing or training - More energy throughout the day - More confidence in yourself and what you are trying to achieve - A better attitude towards exercise and nutrition This cross fit program includes several meal plans in the form of recipes specific to each meal of the day but you can adapt them to your particular situation. They are all high in protein and easy to prepare so that you can see fast results in the least amount of time. This training program comes with a warm up routine and exercise program. Make sure you complete the warm up exercises to prevent injuries and be able to continue the training program without interruptions.

DS Performance Strength & Conditioning Training Program for Boxing, Strength, Amateur Createspace Independent Publishing Platform

Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, The 12-Minute Athlete will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In The 12-Minute Athlete you'll also find: -A guide to basic calisthenics and bodyweight exercises for any fitness level -Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands -More than a dozen simple and healthy recipes that will fuel your workouts -Two 8-week workout plans for getting fitter, faster, and stronger -Bonus Tabata workouts -And so much more! The 12-Minute Athlete is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

The Ultimate Guide to Weight Training for Boxing IDEA Health & Fitness Association

Fully endorsed by the World Boxing Council (WBC), and featuring a foreword by world champion Julio César Chávez, professional, certified boxing instructors Andy and Jamie Dumas show readers how to have fun and boost stamina, strength, and agility while throwing punches. Designed for men and women of all ages, Knockout Fitness is a twelve-week program that seamlessly combines the best of "old-school" boxing training techniques with the latest cardiovascular and muscle-conditioning methods into an overall fitness regimen.

The Unstoppable Boxer Createspace Independent Publishing Platform

Fed by media fascination with super heavyweights like George Foreman, the perception of boxers as oversized guys with oversized muscles is simply wrong. For every weight class, strength must be carefully balanced with the ideal physique. In truth, boxer training produces a body perfectly balanced for strength, shape, speed, and stamina. The author traveled the world talking to top boxers about how they train for peak

performance. Their workouts will help reshape the reader's body, and the short bios and quotes from legendary favorites will inspire readers to take their workout to the next level. This one-of-a-kind approach to the world of boxing offers readers proven tips on balancing their own physique. Want to build more strength? Follow the workout of heavyweights like Ali. Need to slim down but don't want to lose muscle? Try the program of middleweight Fernando Vargas. Want to go all out for the ultimate physical fitness? Then try to keep up with the training of pound-for-pound legend Roy Jones Jr.

Power Boxing Workout Secrets Simon and Schuster
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Limitless Power and Speed in Boxing by Using Cross Fit Training:
A Cross Fit Training Program That Will Enhance Your Physical
Capabilities So You Can Be Stronger, Faster, and More Resistant
Than the Competition Three different intensity levels are provided
in the form of calendars: BASIC, INTERMEDIATE, and INTENSE.
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