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Meet The “Muscle Nerd”!

Short of bringing my “pocket-protector” to the gym, the nickname given to by my sadistically cruel gym buddies is actually probably well deserved.

I was the “geeky guy” at the gym who would always be seen sitting on the weight bench, hunched over my handy little notepad, scribbling down every last detail of my workout and results to be able to scientifically analyze what WORKS…and what was a complete waste of time when it came to building muscle while burning fat.

Laugh if you must…

…but it was these notes that lead to some of the most remarkable discoveries in natural bodybuilding and my ultimate step-by-step roadmap to amazing muscle growth that I detailed in my best selling program Optimum Anabolics (www.OptimumAnabolics.com).

In fact, my discoveries have made such a dent in traditional thinking about how to build muscle and burn fat that even some PRO BODYBUILDERS are using the “natural hormone triggering” process I discovered as an alternative to steroids in their own program…

…and IT WORKS!

But what you may NOT know about me is that I spent 10 years serving my country in the U.S. Army as a light-infantry soldier.

As a leader in several infantry units, I’ve trained soldiers all around the world…in 4 feet of snow; in drenched clothes in the freezing rain; under
the searing heat of the desert sun; slicing through vines and elephant
glass in jungles; neck-deep in swamps...you name it!

And ironically, besides actual combat training, I’ve also received
specialized military training as a Master Fitness Trainer and “Weight
Control Specialist” where I discovered some of the most advanced training
concepts ever devised.

My follow on career after the military has led me on a never-ending search
for the true “secrets” of fitness and the yet-to-be-discovered breakthroughs
that lay out there, just WAITING to be revealed.

And I’ve made it my goal to not only unearth the most cutting edge
advancements in the scientific world of muscle building and fat
burning...but also to SHARE them with my loyal clients who have found
my programs to be so powerful.

Here’s a look at some of my other programs based upon my research...
Other “Muscle Nerd” Programs...

Combat The Fat

The ULTIMATE FAT BURNING GUIDE to show off your new muscle!

Discover how the training techniques of the U.S. Military can take you step-by-step to 6-PACK ABS!

www.CombatTheFat.com

Optimum Anabolics

Build muscle and burn fat by skyrocketing your body’s NATURAL anabolic hormones!

The "before & after" pictures speak for themselves!

www.OptimumAnabolics.com

Homemade Supplement Secrets

For the serious athlete who uses supplements, find out why you should NEVER buy your supplements “off the shelf”!

Learn how to easily MAKE YOUR OWN SUPPLEMENTS and save up to 98% while making formulas that are even BETTER than the name brands!

www.HomemadeSupplements.com

Advanced Mass Building

If you’ve ever struggled in packing on solid mass, THIS is the program that will make all your frustrations go bye-bye!

www.AdvancedMassBuilding.com
Introduction

Today, boxing is recognized as a health promoting exercise program that provides a total workout for your cardiovascular and endurance systems. Boxing exercises can be done with or without equipment.

If you want to buy equipment then a heavy punching bag and boxing mitts available at any sports store for between $50.00 and $100.00. A good skipping rope can be bought very cheaply also.

The major benefits of boxing include:

- Increased Stamina
- Increased Strength
- Increased Speed
- Increased Coordination

Sports scientists agree that cardio-boxing is one of the best forms of exercise, because it conditions the total body.

Boxing also promotes a person’s well being by strengthening their self-discipline. Combined with strength training and cardiovascular work mentioned later in this report, it’s well and truly the total package for self-defense and fitness.

We will be incorporating strength training with the boxing and cardiovascular techniques. We will use the same strength-training workout found in the eBook that you have downloaded.
Cardio-Vascular Work

The strength training component as mentioned before is vital to any exercise program, such as this one. Along with the improved health benefits already stated it will also improve the power of your punches and endurance for the common athlete.

The strength training workout is to be undertaken once a week and the cardio-boxing workouts twice a week. A days rest should be taken between workouts and a complete two-day break once a week i.e.

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The Cardio-boxing workout will consist of

(a) Adjusted heart rate work: 10 – 20 minutes

(b) Actual boxing techniques: 10 – 20 minutes

The Cardio workout consists of the age-adjusted heart rate work starting with 10 minutes for beginners and leading up to 20 minutes for the more advanced. For the second part of the workout, you'll need to perform and practice 20 minutes of actual boxing techniques, which will be mentioned soon.

The best way to measure the effects of an exercise program on your body is to check your pulse.
The easiest way to check the pulse is to place your index and middle fingers on your carotid artery or the wrist. Immediately after the exercise, count your pulse for 15 seconds and multiply by 4.

You can also check your pulse during the exercise but with safety as a first priority. To get a more precise reading of your pulse rate, purchase an electronic device from any sports store.

Now you have your exercising pulse rate or heartbeats per minute. We’ll be concentrating at the upper end of your pulse region: the 50% - 70% ranges.

To figure this out, deduct your age from 220. Suppose your age is 40, deduct this from 220 and you get 180.

50% of 180 is 90 beats a minute, 60% of 180 is 108 beats a minute, 70% of 180 is 126 beats a minute and so on.

Don’t jump into 70% work straight away. Start with 50% and slowly work your way up to the 70% upper limit.

Start with no more than 10 minutes, and work up to 20 minutes. Once you’re comfortable with working out for 20 minutes at 70% then try to increase the heart rate up to 80%.

Mix up your cardiovascular activities in the gym. Use the treadmill, skipping, rower, climber, and bike and other equipment that might be available to you.
Boxing

The boxing stance is the posture a boxer takes before and after every action depending on whether you are left or right handed. We'll be dealing with the most common; right-handed. For left-handed people, just reverse the instructions.

Stand with your feet shoulder width apart, with your left foot in front of your right foot. Your right heel should be slightly raised with your left foot flat on the floor and toes pointing ahead. Bend your knees a little and balance your weight comfortably and evenly.

Place your elbows close to your body with your left fist held at head height and in a position that corresponds to your left foot. The right fist should be at head height also and guarding the chin, with both elbows protecting your body and both fists protecting your chin.

This is your defensive and offensive position after throwing punches, so please practice this before going any further. When moving forward in this boxing stance the left foot moves forward first and then the right follows.

When moving back, the right moves back and then the left follows. When moving sideward to the right, the right foot moves first followed by the left. When moving sideward to the left, the left foot moves first followed by the right.

Practice this moving forward, back and sideward in the boxer’s stance until it is done smoothly and quickly. Remember to keep your guard up and elbows tucked in to your sides.

Keep your head at eye level with your upper body leaning forward slightly.
In boxing it is important that punches are thrown quickly and then bought back quickly to assume a defensive posture.
Punching Techniques

A **left jab** has many uses, it can be used for both offensive and defensive actions. From the set stance the left arm is pushed quickly and forcefully forward, the weight is shifted to the front foot. The fist moves in a straight line and straight back again for defense.

At the moment of impact the back of the hand and the lower arm are in a straight line. Keep the right fist in the defensive position and elbow tucked into the body during the movement.
The straight right is also known as the punching hand and can be thrown with considerable force. The arm moves straightforward from the chin, the body weight is shifted to the front foot with the ball of the foot of the back leg pushing into the floor for more power.

The back of the hand is straight and pointing up at the moment of impact. The arm is then immediately pulled back for protection after the hit.
The **left hook** to the head and body is an effective punch for closer range work. From the set stance turn your left shoulder quickly and move your elbow up to shoulder height. The fist moves in a circular motion to the target, with the elbow bent.

Rotate your hip and body whilst pressing your front left down keeping the back of your fist pointing up and in a straight line with the lower arm. The left hook to the body is similar to the above but increases the rotation of the body.
The **right uppercut** is also carried out at close range. Drop the lower part of your punching arm until the lower and upper arm is at right angles to each other. The back of your hand should be pointing away from you, now thrust your arm forward and upward to your target.

Shift your body weight to your front leg and rotate your hip and shoulder on the same side. Remember to keep your left fist guarding your chin during the entire movement. Now practice all your punches until they are done quickly and smoothly.
Combination Punching

For practicing punching combinations, boxing mitts and a heavy bag can be used as a substitute for an opponent. This sparring can also be done in front of a mirror if no equipment is available and can be just as effective.

Make sure when throwing combinations that there is no pausing between punches whether it’s a two, three, or a four-punch combination. Start with the set position, throw the combination and then after punching reassume the defensive position.

For beginners, start with one minute of punching and rest for a minute, one minute on and one minute off.

For intermediates, punch for two minutes followed by one minute's rest, two minutes on and one minute off.

Advanced athletes can punch for a three-minute round as in professional boxing followed by a one-minute rest.

Some common combinations are listed as follows:

a) Left jab, followed by a straight right.

Pay attention to your hips and shoulders rotating during this movement. After the jab, pull your arm back immediately to a defensive position. Put your whole weight behind the straight right to make it more powerful.

(b) Left jab, Straight right, followed by a left hook.
Take a short step forward while throwing the hook, to reduce distance and increase power. (Throw hooks to the head and body)

**(c) Left jab, Right uppercut, followed by a left hook.**

Take a short step forward while throwing the uppercut to reduce the distance for this punch and the left hook.

There are many more combinations available for you to attempt and practice to perfection. Find the ones that are most comfortable for you and keep practicing until they are quick and fluid.

To develop speed and endurance, try punching straight left and right combinations into the heavy bag. The duration of the exercise period is the same as the rest period i.e. 10 seconds exercise, 10 seconds rest, 20 seconds exercise, 20 seconds rest, and so on. Move up higher as your condition improves.
**Putting It All Together**

Firstly, you should try out the strength training component which when using compound movements should take between 20 minutes and 30 minutes to complete and no longer.

Remember to change the program after ten weeks and importantly have a two-week break between programs.

After entering the gym or beginning the workout, a warm-up is required, be it walking, rowing or cycling.

This should only be 5 to 10 minutes at a pace where you are mildly puffing (Not flat out, conserve your energy for the strength training component)

Once you're warmed up, you'll reduce the chance of injury in the next component.

Now for the strength training component, remembering that you can only perform one set for each exercise, so you'll need to focus very hard at the task at hand and complete each set to total failure while keeping good form.

Before the actual set to failure, I'd like you to do a six-repetition warm-up with half the weight you would use for the failure set.

This is to oil the body for the large set coming and for adjustments to be made to equipment and technique. This warm-up set should not tire you out before the failure set.

After the first failure set, you'll move onto the next exercise ~
(Make sure your breathing has returned to normal first)
When the strength-training component has been completed, you'll perform a brief cool-down session. Five to ten minutes rowing, cycling or walking at a slow to medium pace is all that's necessary.

After the cool down you can do the Active-isolated stretching exercises or leave them until another time. Remember try and stretch at least once a day if you can.

Finally you can do the Abdominal Bracing techniques described earlier, these should take about 10 - 15 minutes. Also try to brace and hollow every day if possible with you're stretching, either before or after would be a good idea.

On your cardio-boxing workout days, a five-minute warm-up on the treadmill, stationary bike or rowing machine is necessary before you launch into your age-adjusted heart rate work. This is done to oil the body for the work ahead.

During the warm-up, you'll need to work just enough so that you're mildly puffing. Now complete your heart rate work for either 10 or 20 minutes.

Remember not to jump into your 70% work straight away, slowly work up to it. Move onto the boxing component and spend 10 – 20 minutes, using the intervals already mentioned.

After you've completed the cardio-boxing, move onto the stretching component; you can brace and hollow or leave for another time. Try to stretch and train your abs once a day if possible.

Just a few more suggestions before we end this chapter. I recommend that you wear loose clothing and good fitting shoes. Weight lifting belts aren’t necessary; they actually can be a hindrance.

Also, try to eat at least 2 hours before a workout. This way, your stomach will be empty when exercising. Make sure that you drink enough water.
throughout the workout to rehydrate yourself. Complete the mind component before going to sleep at night.

Now by putting the physical, nutritional and mental aspects of this Cardio-Boxing program together, you are on the road to big gains in cardiovascular fitness, fat loss and muscle gain.

The different programs I have shown you here in this manual are simple and easy to use and won't disrupt your lifestyle.

If you can't find 20 minutes for your strength training, 20 minutes for your cardiovascular work, 20 minutes for your boxing and visualization techniques, you are not serious about your health.

I have shown you the simplest and easiest way for you to get into shape, and stay in shape for the rest of your life, it is now up to you.

What are you going to do?