



# The Hero Training Program Week Nine (Volume 9)

*Glenn Payne Jr*

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This is the ninth workout of the Faster Stronger Wiser Fitness Hero Training Series: "Fight for it". This workout focuses on a heavy punching bag workout that can also be done shadow boxing. This book contains the full workout with exercise pictures and detailed instructions as well a quick warm up that will seem like a workout in itself. This workout is part of a series that will help develop the muscles needed to make anyone faster and stronger.

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