Hello George,

I've been watching your content for a very long time now, and I have to say that your videos are impressive.

I'm really impressed with your videos! I particularly love the way that you connect with your viewers by providing videos to help them improve their boxing careers. Especially the new video you uploaded about heavy bag boxing drills for beginners..

I checked your page a little more and saw you have a boxing course and a merchandise website, which are doing pretty well.

I'm here to help you. There are some tricks which I have been taught and can help you.

I've put something together for you to help, so you can understand what I'm trying to say.

This document that I've attached, will make you understand what you are doing wrong, and what is the solution to that.

If there's anything missing or you have any preferences, just let me know and we can personalize it together.

Best Regards, Alexis