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## Wii Boxing

**wii sports club - nintendo** - for baseball and boxing, you can also choose ... wii u and your favorite mii characters will appear in your games or not. you can change th dominant hand an throwing style of your use **carmen luong activity write-up name of activity: wii boxing** - 1. turn on the tv, wii console, and remotes. 2. insert the cd and let it load until the game selections appear on the tv screen. 3. go through the list of games and select the "boxing" option by clicking on it. 4. make sure both wii remotes are connected to the game by clicking in each player and then the boxing game will begin. 5. **wii fitness - s3azonaws** - in wii fit plus and wii sports game activities. the research published in medicine and science in sports and exercise (2010) used twelve adult men and women. each performed five activities of wii sports (golf, bowling, tennis, baseball, and boxing) and 63 activities of wii fit plus (yoga, resistance, balance, and aerobic exercises). **exclusive ace study investigates the fitness benefits of ...** - minute) as wii bowling, while baseball burns 7.3 calories per minute and wii baseball burns 2.8 calories per minute less. similarly, wii tennis burns 2.8 calories per minute less than the actual game (8.1 calories per minute). finally, wii boxing burns about 3.0 calories per minute less than conventional sparring at 10.2 calories per minute. **download wii sports resort swordplay guide pdf** - instructions for wii sports boxing - wordpress instructions for wii sports boxing with the wii sports club game, you can now take the competition online with tennis, bowling, golf, baseball, and boxing. join a club, compete against other. while playing video games per manufacturer instructions with participants standing nintendo wii-sports ... **motivations, strategies, and movement patterns of video ...** - of all the wii sports games (i.e. baseball, bowling, boxing, golf, and tennis) boxing reaches the highest activity levels. the authors conclude that while the intensity of real boxing is much higher, the intensity of the wii boxing game exceeds the cut-off for moderate intensity physical activity.

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