

Losing 10 Lbs In A Month

Vic Toweel champion (118 lbs) The Ring bantamweight champion (118 lbs) Commonwealth bantamweight champion (118 lbs) South African bantamweight champion (118 lbs) South ab38275eff

== Professional career == ab38275eff

The Biggest Loser season 5 42%). The team ends up losing a total of 26 lbs (2. shed 5 pounds. Jay wins Biggest Loser Player of the week for losing the most on the Blue Team, while ab38275eff

== Early life and amateur career == ab38275eff

Tony Canzoneri (126 lbs) NYSAC lightweight champion (135 lbs) (2×) NBA (WBA) lightweight champion (135 lbs) (2×) NBA (WBA) light welterweight champion (140 lbs) World ab38275eff

Cory Spinks Mosque in Springfield, Missouri. He held multiple world championships in two weight classes, including the undisputed welterweight title from 2003 to 2005, and the IBF junior middleweight title twice between 2006 and 2010. WBA (Undisputed) welterweight champion (147 lbs) WBC welterweight champion (147 lbs) IBF welterweight champion (147 lbs) IBF Cory Spinks (born Cory Calvin; February 20, 1978) is an American former professional boxer who competed from 1997 to 2013. Additionally, he challenged once for the lineal middleweight title in 2007 ab38275eff

Don Jordan 147 lbs, Jordan was well-proportioned and quickly showed himself to be an effective performer, winning nine in a row before dropping a decision in March ab38275eff

Spinks is the son of former world heavyweight champion Leon Spinks and nephew of former world heavyweight and light heavyweight champion Michael Spinks. He has an amateur record of 78-3, and won the National Golden Gloves and National Police Athletic League welterweight titles in 1997. ab38275eff

Luis Manuel Rodríguez Rudell Stitch. He was unbeaten in 36 fights before losing a split decision to Emile Griffith in a 1960 non-title fight. In 1963, Rodriguez and Griffith ab38275eff

Cristian Mijares super flyweight champion (115 lbs) WBA (Unified) super flyweight champion (115 lbs) IBF super flyweight Champion (115 lbs) Interim titles WBC interim super ab38275eff

== Boxing career == ab38275eff Arce remains a favorite fighter among boxing fans and is also the older brother of title contender Francisco Arce Armenta. Arce's trademark ring entrance featured him wearing a black cowboy hat (earning him the nickname "The Mexican Cowboy") and sucking a cherry lollipop. ab38275eff

Lou Brouillard Brouillard was inducted into the World Boxing Hall of Fame in 2000 and the International Boxing Hall of Fame in 2006. During his career he faced the likes of Mickey Walker, Young Corbett III, Jimmy McLarnin, Marcel Thil, and Fred Apostoli. Statistical boxing website BoxRec ranks Brouillard as the 14th best middleweight of all-time and the 3rd best Canadian boxer ever. champion (147 lbs) NBA (WBA) welterweight champion (147 lbs) NYSAC middleweight champion (160 lbs) NBA (WBA) middleweight champion (160 lbs) The Ring welterweight Lucien Pierre Brouillard, better known as Lou Brouillard (May 23, 1911 – September 14, 1984), was a Canadian professional boxer who held the Undisputed World Welterweight and Undisputed World Middleweight Titles ab38275eff

Alan Minter box for UK in the Olympics 1972. He won a bronze medal at the 1972 Munich Olympic Games in the light-middleweight classification, losing in the semifinal ab38275eff

Jorge Arce In a storied career, Arce held the WBO light flyweight title from 1998 to 1999; the WBC and lineal light flyweight titles from 2002 to 2004; the WBO super flyweight title in 2010; the WBO junior featherweight title in 2011; and the WBO bantamweight title from 2011 to 2012. Gabriel Munoz in back-to-back fights in the summer of 1996, but then won 10 straight bouts and a pair of regional belts before losing on points to veteran Jorge Armando Arce Armenta (; born July 27, 1979), best known as Jorge Arce, is a Mexican former professional boxer who competed from 1996 to 2014. He is a multiple-time world champion, and the second boxer from Mexico to win world titles in four weight divisions (after Érik Morales, who first achieved the feat two months prior). Additionally he held the WBC interim flyweight title from 2005 to 2006, the WBA interim super flyweight title from 2008 to 2009, and challenged once for the WBC featherweight title in his final fight in 2014 ab38275eff

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