

PRO BOXER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bounce



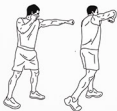
10 hooks



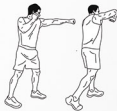
10 jab + cross



20 bounce



10 jab + hook



10 jab + jab + hook



20 bounce



10 jab + hook + uppercut



10 uppercuts