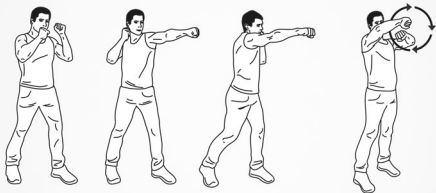


Boxer Arms

DAREBEE WORKOUT @ darebee.com

Repeat 3 times with 1 minute rest in between.

Keep arms up during the set.



10 punches (jab + cross)

10 speed bag punches

20 punches (jab + cross)

20 speed bag punches

40 punches (jab + cross)

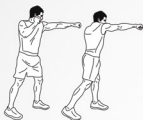
40 speed bag punches

done

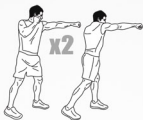
the Brawler

DAREBEE WORKOUT @ darebee.com

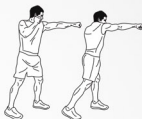
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jab + cross



20 jab + jab + cross



20 x 4 fast punches



20 jab + hook



20 jab + jab + hook



20 hooks



20 jab + uppercut



20 jab + jab + uppercut



20 uppercuts

EYE OF THE TIGER

DAREBEE WORKOUT

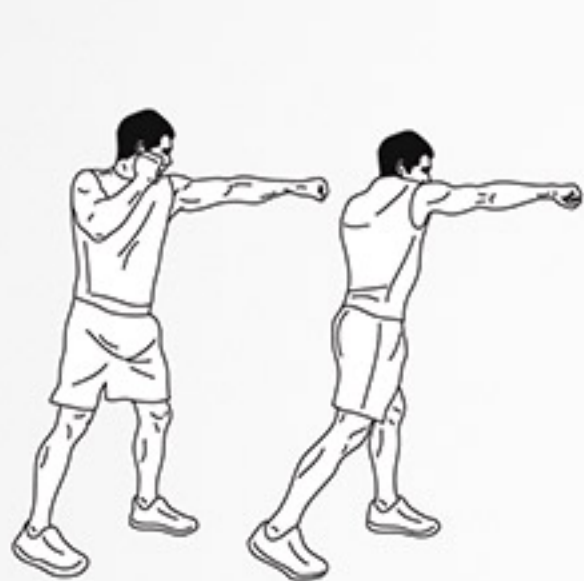
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

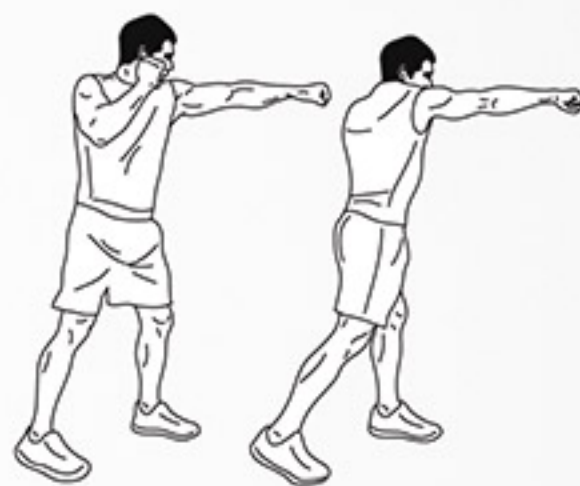
REST up to 2 minutes



20 punches



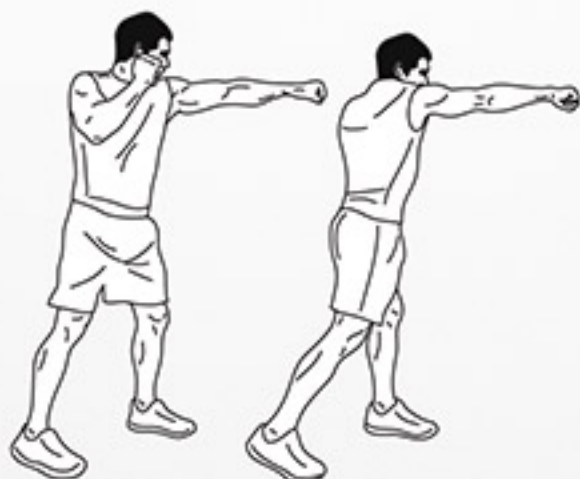
20 overhead punches



20 punches



20 uppercuts



20 punches

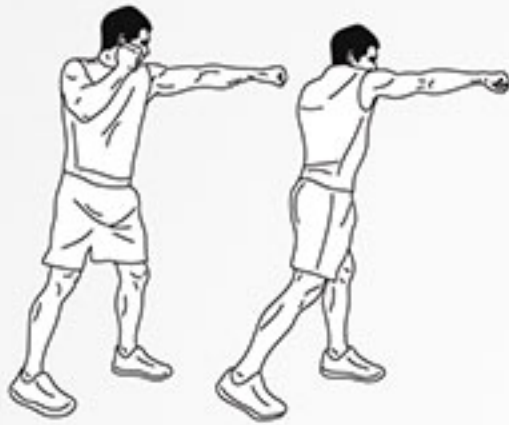


20 hooks

#FINAL BELL

DAREBEE WORKOUT @ darebee.com

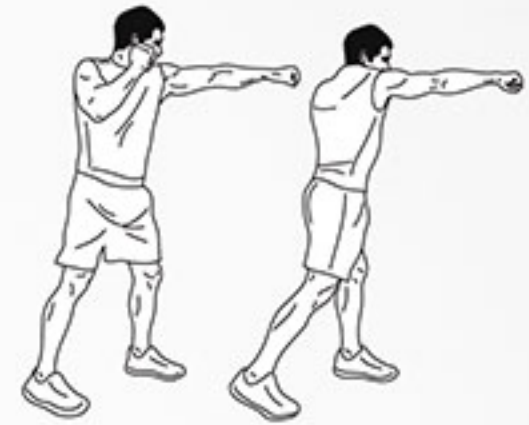
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



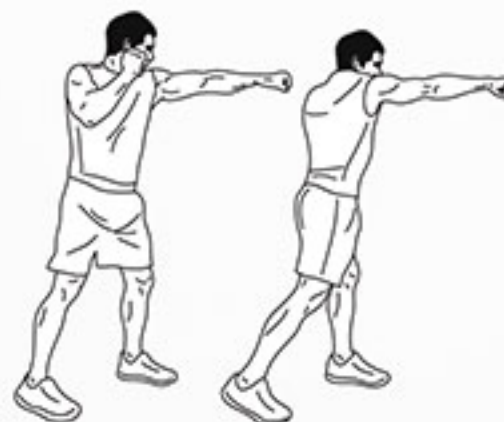
10 uppercuts



20 punches



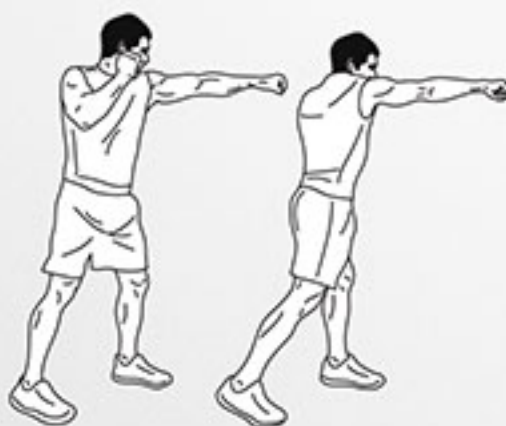
10 hooks



20 punches



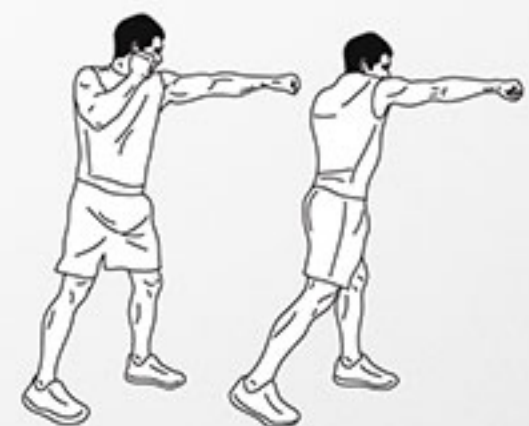
10 hooks



20 punches



10 uppercuts

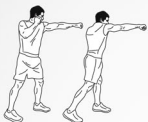


20 punches

KNOCKOUT

DAREBEE WORKOUT @ darebee.com

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



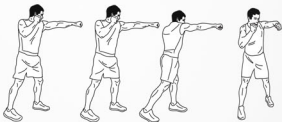
40 jab + cross



20combos jab + cross + elbow strike + hook



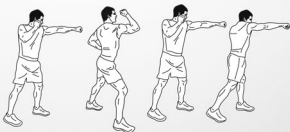
40 speed bag punches



20combos jab + jab + cross + hook



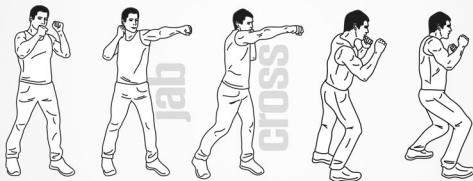
40 side-to-side backfists



20combos jab + elbow strike + jab + cross

OFFICE BOXER WORKOUT

by DAREBEE
© darebee.com



20 jab + cross
2 side-to-side tilts
20 jabs (left arm)
2 side-to-side tilts
20 jabs (right arm)
2 side-to-side tilts
done

Relieve stress
and stay in shape
during office hours!

Repeat every 2hrs
or whenever possible.

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



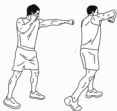
10 hooks



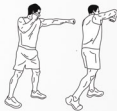
10 jab + cross



20 bounce



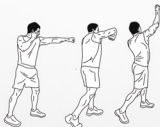
10 jab + hook



10 jab + jab + hook



20 bounce



10 jab + hook + uppercut

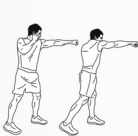


10 uppercuts

SIDE QUEST

DAREBEE WORKOUT © darebee.com

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



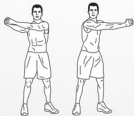
20 punches



20 overhead punches



20 backfists



20 side chops



20 elbow strikes