

BOXER | SPEED

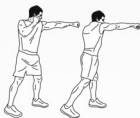
DAREBEE BOXING WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes

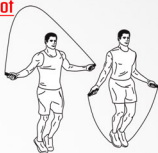
no jump rope? hop on the spot



15sec push-ups



15sec jab + cross



30sec jump rope



15sec push-ups



15sec hooks



30sec jump rope



15sec push-ups



15sec uppercuts

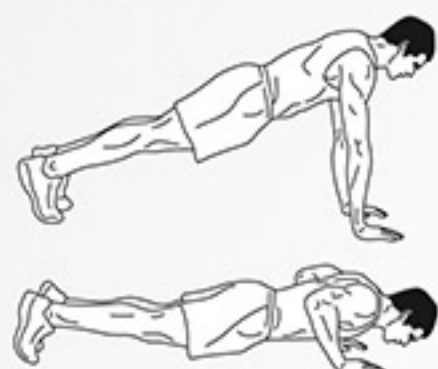


30sec jump rope

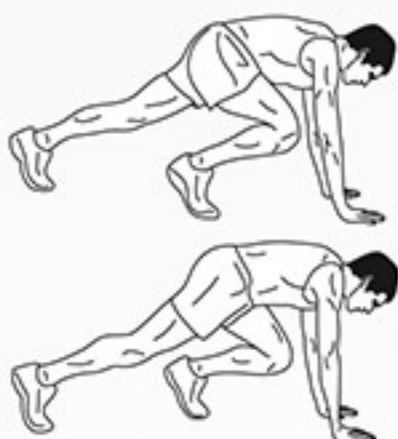
NINJA SPEED

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



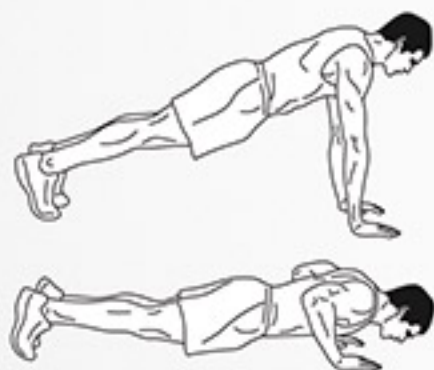
4 push-ups



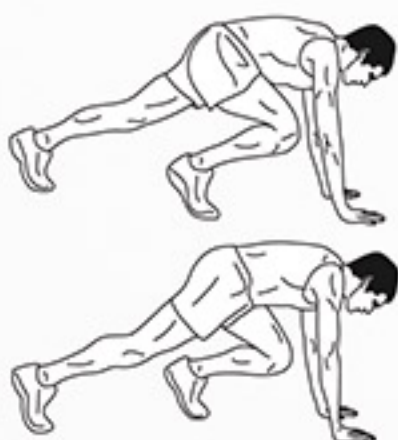
20 climbers



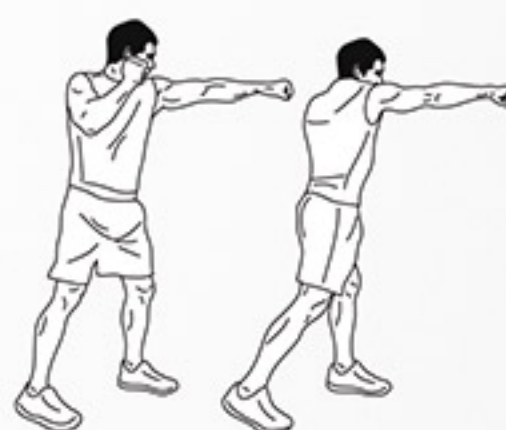
20 high knees



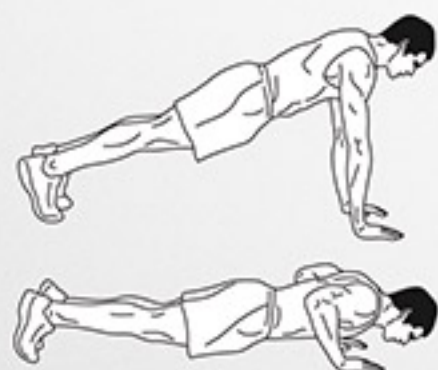
4 push-ups



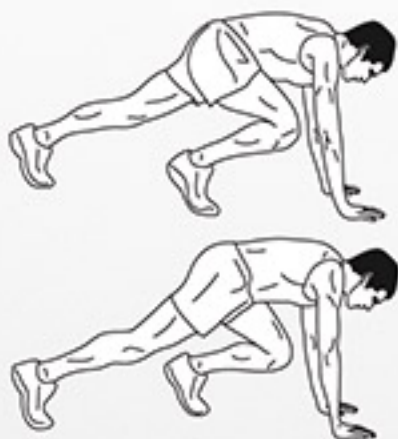
20 climbers



20 punches



4 push-ups



20 climbers



20 side kicks

SPEED & POWER

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



20 high knees



10 push-ups



20 high knees



20 climbers



10 jumping lunges



20 climbers



10 jump squats

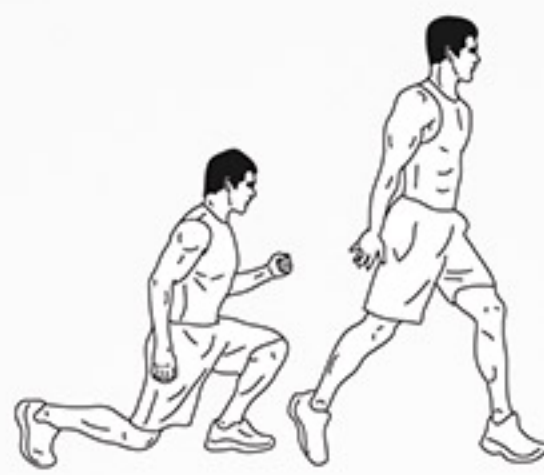
SPEED +1

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



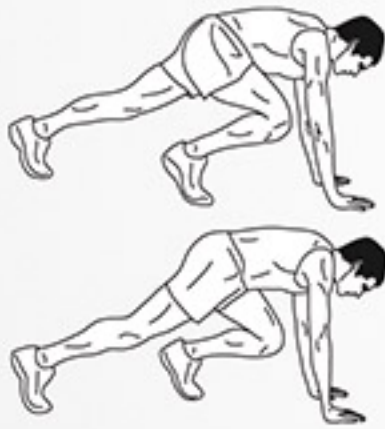
20 high knees



2 jumping lunges



10 calf raises



20 climbers



2 burpees



10-count squat hold



2 jump squats

SPEEDSTER

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Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



10sec march steps

10sec high knees

10sec march steps

10sec high knees

10sec march steps

10sec high knees

10sec plank hold

10sec climbers

10sec plank hold

10sec climbers

10sec plank hold

10sec climbers



10sec hollow hold

10sec flutter kicks

10sec hollow hold

10sec flutter kicks

10sec hollow hold

10sec flutter kicks



superhero speed

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WORKOUT
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20 single leg high jumps
5 sets in total
30 seconds rest



20 jump squats
5 sets in total
30 seconds rest



20 high knees
5 sets in total
30 seconds rest



10 clapping push-ups
5 sets in total
30 seconds rest



1min star plank hold
2 sets in total
30 seconds rest



1min side star plank hold
2 sets in total
30 seconds rest