

BAG WORK

DAREBEE WORKOUT

© darebee.com

repeat 5 times in total

no rest in between

5 minutes bag work (freestyle)

- keep your arms up at all times
- keep moving (bouncing)

combinations to try:

jab + cross (head height)

jab + jab + cross (head height)

jab + jab + hook (head height)

jab + cross + jab + hook (head height)

jab + cross + jab + cross (torso height)

jab (torso height) + jab (head height) + hook (head height)

jab + squat + hook



1 minute sit-ups



1 minute leg raises