

# BOXER | ABS

DAREBEE BOXING WORKOUT @ [darebee.com](https://darebee.com)

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



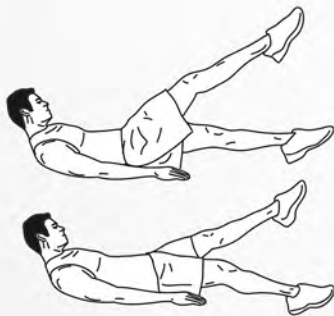
**30** sit-up punches



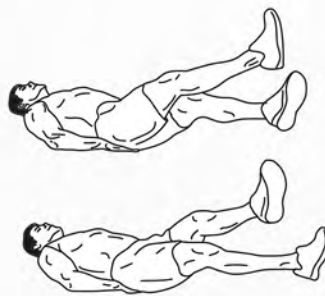
**30** siting punches



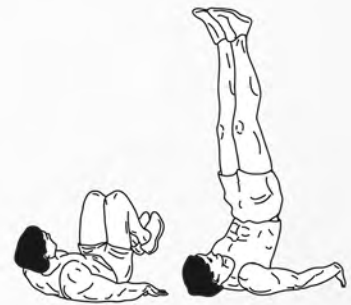
**30** knee-ins & twists



**30** flutter kicks



**30** scissors



**30** butt-ups



**30-count** plank



**30-count** raised leg plank



**30-count** side plank