

# BOXER | AGILITY

DAREBEE WORKOUT

@ [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST 2 minutes



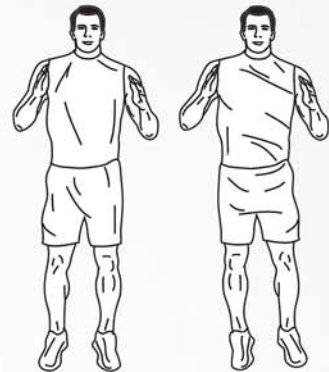
20

zig zag  
side-to-side  
hops



20

single leg  
hops  
straight  
line



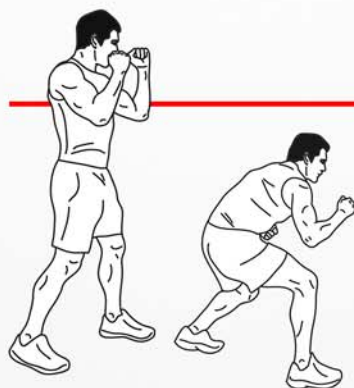
20

feet together  
zig zag  
side-to-side  
hops



20

zig zag  
single leg  
hops



20

bob and weave  
under the rope  
(imagine one)



20

to the side ( or side-to-side)  
leg switch and punch

