

BOXER | POWER

DAREBEE BOXING WORKOUT @ darebee.com

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

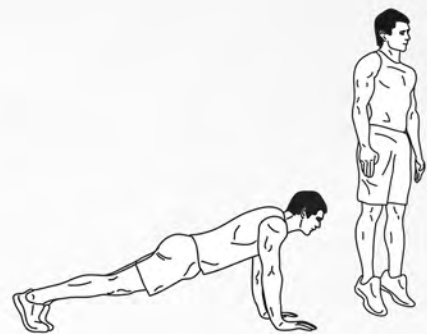
tip: last row can be done on a punching bag



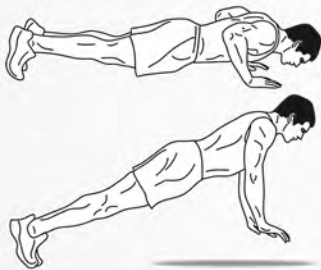
20 jump knee tucks



20 squat hops



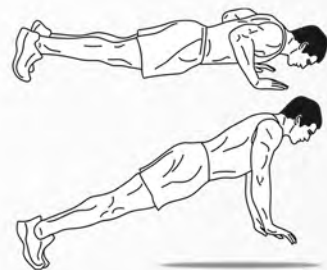
20 basic burpees + jump



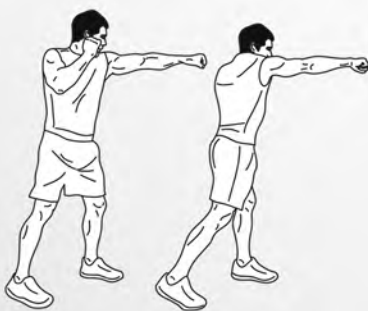
10 power push-ups



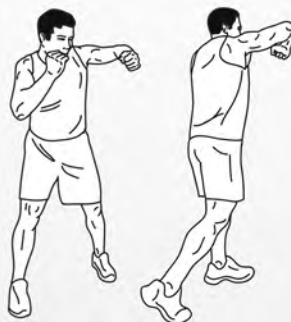
10-count push-up plank



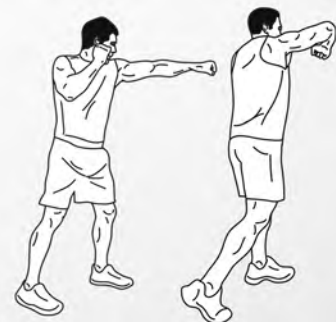
10 power push-ups



40 jab + cross



40 hooks (left + right)



40 jab + hook