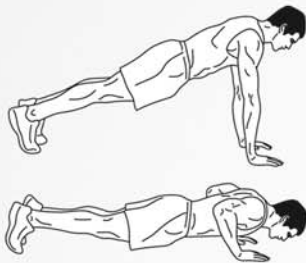


# BOXER TENDON STRENGTH

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



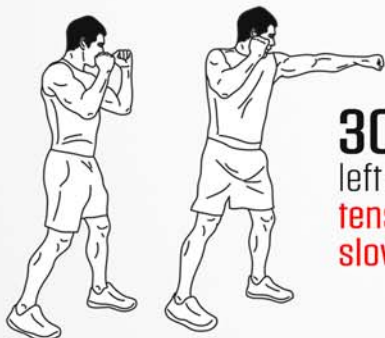
**10sec** slow motion push-ups



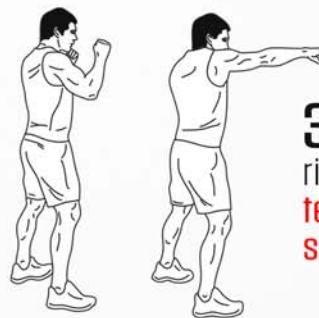
**10sec** push-up plank hold



**10sec** slow motion come up



**30sec** jabs  
left arm  
tensed,  
slow motion



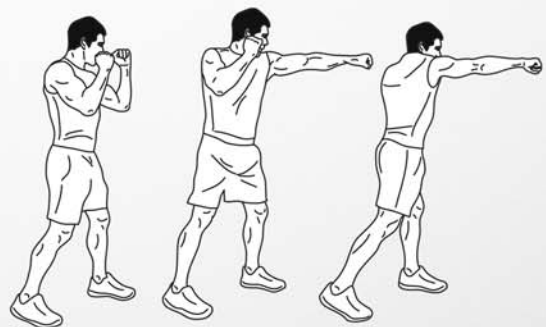
**30sec** jabs  
right arm  
tensed,  
slow motion



**30sec** speed bag  
punches



**30sec** overhead hold  
tensed



**30sec** punches  
tensed, slow motion