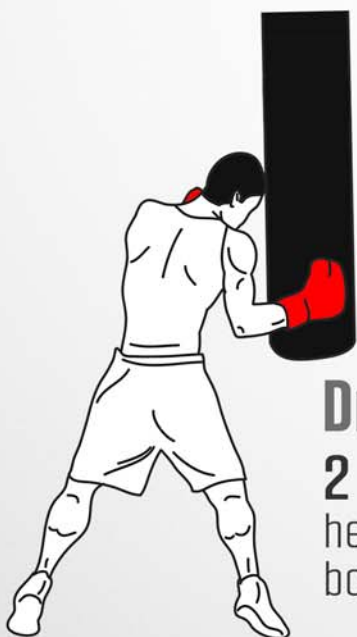
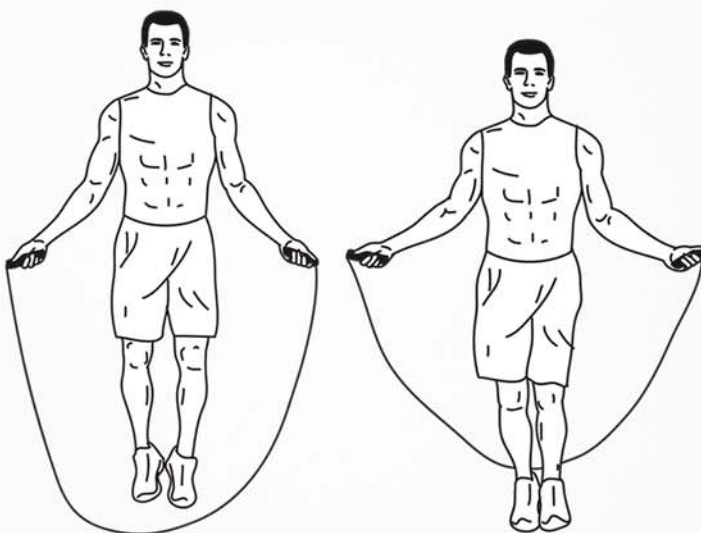


BOXING DRILLS

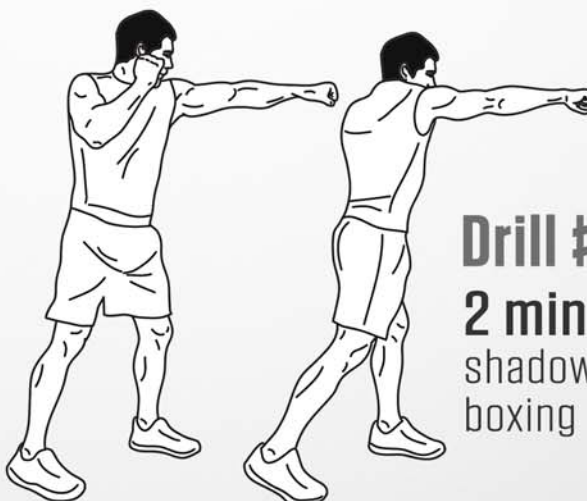
DAREBEE WORKOUT @ darebee.com

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

Drill #1
2 minutes
jump rope



Drill #2
2 minutes
heavy bag
boxing



Drill #3
2 minutes
shadow
boxing