

BOXING ENDURANCE DRILLS

DAREBEE WORKOUT @ darebee.com

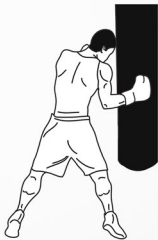
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes

5 minutes

light bag work, non-stop, e.g.:

jab + jab
jab + jab + cross
jab + cross + jab + cross
jab + jab + hook
hook + hook

bounce on the spot
between punches



5 minutes rest

alternatively,
60 seconds crunches
and then 4 minutes rest

