

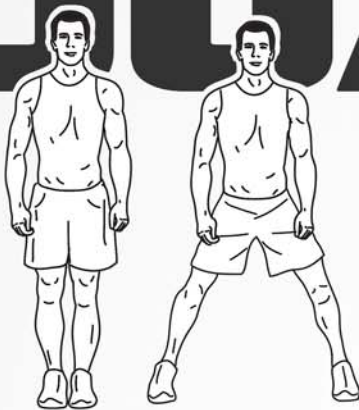
# CARDIO

# BOX

DAREBEE WORKOUT

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

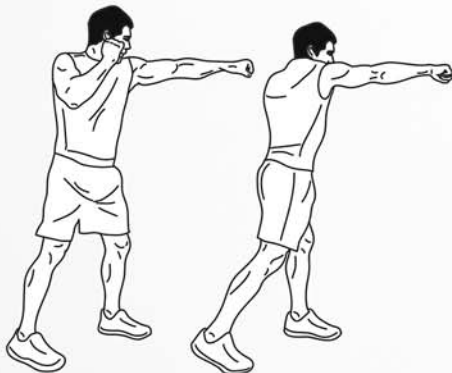
5 sets | 2 minutes rest



**10** half jacks

**4** punches ( jab + cross )

**4** uppercuts



**10** half jacks

**4** punches ( jab + cross )

**4** uppercuts

**10** half jacks

**4** punches ( jab + cross )

**4** uppercuts



**10** half jacks

**4** punches ( jab + cross )

**4** uppercuts

done