

FIGHTING

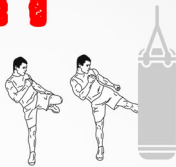
DAREBEE WORKOUT
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FIT

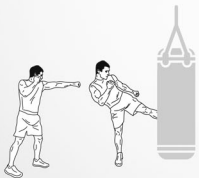
2 minutes rest
between intervals



3 minutes bag work
freestyle punches: jab, jab + cross,
jab + jab + cross, jab + hook



3 minutes bag work
freestyle kicks: turning kicks,
double turning kicks, hook kicks



3 minutes bag work
freestyle punches and kicks



3 minutes no bag
freestyle punches and kicks
including backfists and uppercuts,
side kicks and front kicks