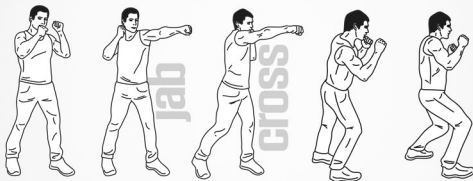


OFFICE BOXER WORKOUT

by DAREBEE
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20 jab + cross
2 side-to-side tilts
20 jabs (left arm)
2 side-to-side tilts
20 jabs (right arm)
2 side-to-side tilts

Relieve stress
and stay in shape
during office hours!

Repeat every 2hrs
or whenever possible.