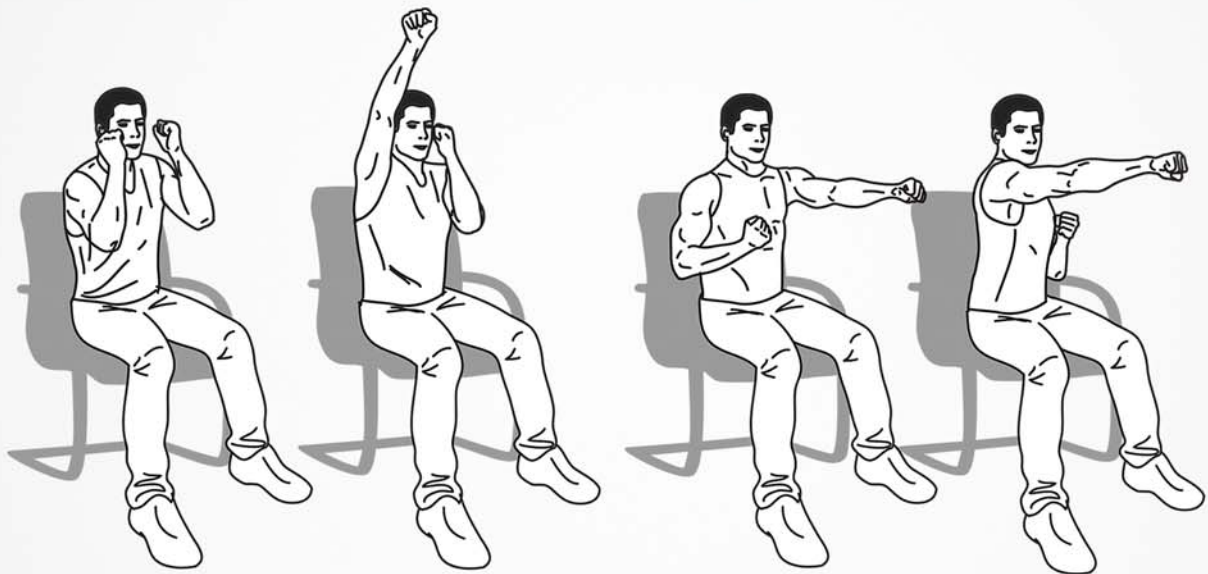


# *seated* **boxer**

DAREBEE **OFFICE** WORKOUT @ [darebee.com](https://darebee.com)



**10** overhead punches

**10** punches

**10** overhead punches

**10** punches

**10** overhead punches

**10** punches

done