

BOXER | ABS

DAREBEE BOXING WORKOUT @ darebee.com

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



30 sit-up punches



30 siting punches



30 knee-ins & twists



30 flutter kicks



30 scissors



30 butt-ups



30-count plank



30-count raised leg plank



30-count side plank

BOXER | AGILITY

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST 2 minutes



20
zig zag
side-to-side
hops



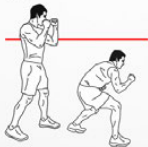
20
single leg
hops
straight
line



20
feet together
zig zag
side-to-side
hops



20
zig zag
single leg
hops



20
bob and weave
under the rope
(Imagine one)



20
to the side (or side-to-side)
leg switch and punch

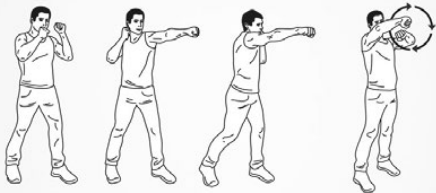


Boxer Arms

DAREBEE WORKOUT © darebee.com

Repeat 3 times with 1 minute rest in between.

Keep arms up during the set.



10 punches (jab + cross)

10 speed bag punches

20 punches (jab + cross)

20 speed bag punches

40 punches (jab + cross)

40 speed bag punches

done

BOXER| ENDURANCE

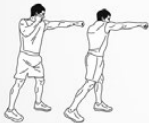
DAREBEE BOXING WORKOUT @ darebee.com

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

50 high knees



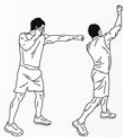
after each exercise



50 jab + cross



50 squats



50 jab + uppercut



50 sit-up punches



50-count plank



50 back extensions

BOXER | FLEXIBILITY

DAREBEE BOXING WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST 2 minutes



40 knee-to-elbow lunges



20 forward & backward bends



20 side-to-side tilts



20 knee bends



40-count quad stretch



20-count back stretch



20-count arm stretch #1



20-count arm stretch #2

BOXER

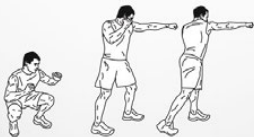
DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jab + cross

20sec push-up + jab + cross



20sec squat + jab + cross

BOXER | POWER

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

tip: last row can be done on a punching bag



20 jump knee tucks



20 squat hops



20 basic burpees + jump



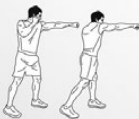
10 power push-ups



10-count push-up plank



10 power push-ups



40 jab + cross



40 hooks (left + right)



40 jab + hook

BOXER | SPEED

DAREBEE BOXING WORKOUT © darebee.com

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

no jump rope? hop on the spot



15sec push-ups



15sec jab + cross



30sec jump rope



15sec push-ups



15sec hooks



30sec jump rope



15sec push-ups



15sec uppercuts



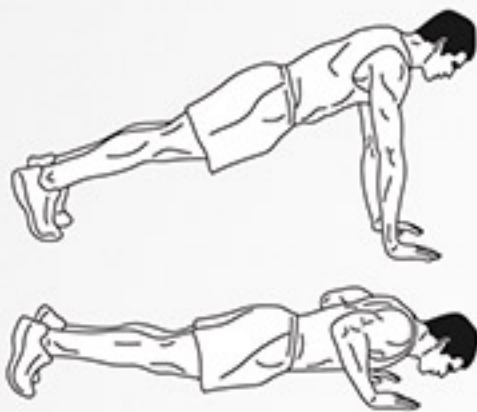
30sec jump rope

BOXER

TENDON

STRENGTH

BY DAREBEE @ darebee.com



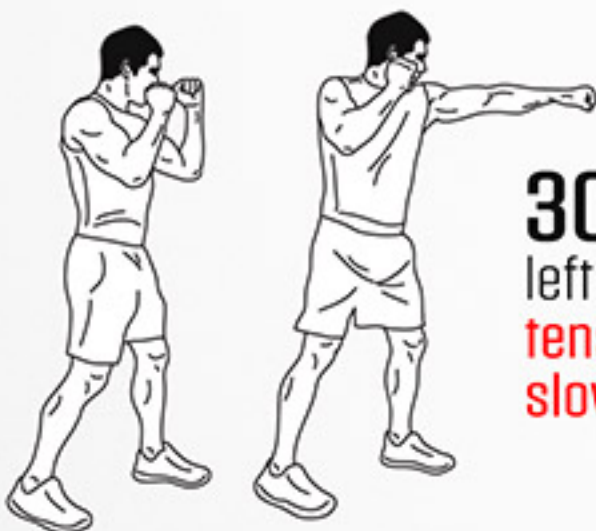
10sec slow motion push-ups



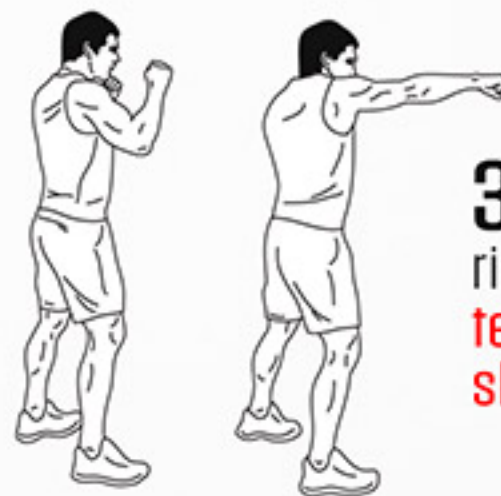
10sec push-up plank hold



10sec slow motion come up



30sec jabs
left arm
tensed,
slow motion



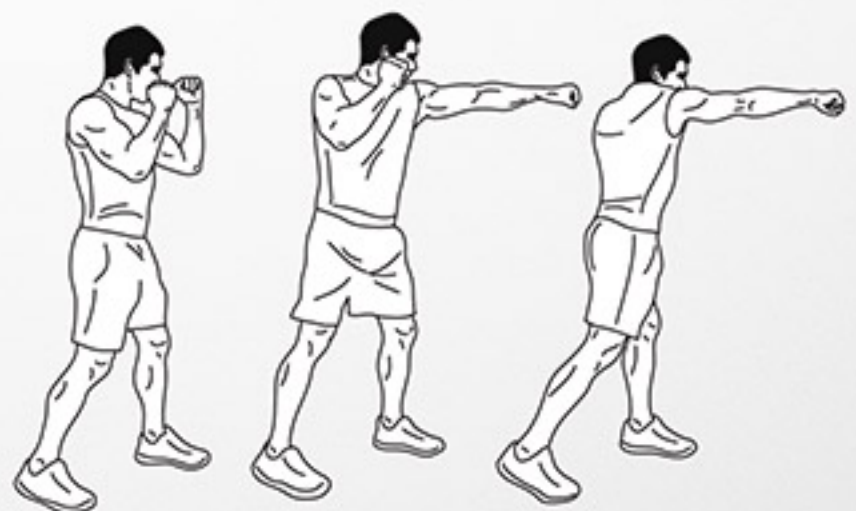
30sec jabs
right arm
tensed,
slow motion



30sec speed bag
punches



30sec overhead hold
tensed

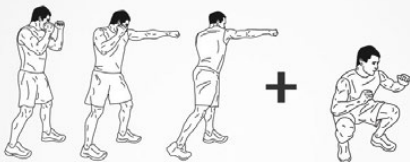


30sec punches
tensed, slow motion

BOXER

5 SETS

DAREBEE WORKOUT © darebee.com
up to 2 minutes rest between rounds



5 minute shadow boxing **every 30 seconds** double squat



push-ups
level I 5 reps
level II 10 reps
level III 15 reps



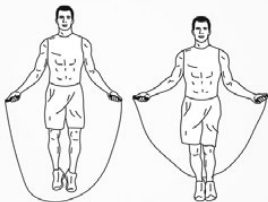
sit-ups
level I 5 reps
level II 10 reps
level III 15 reps

BOXING DRILLS

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

Drill #1
2 minutes
jump rope



Drill #2
2 minutes
heavy bag
boxing



Drill #3
2 minutes
shadow
boxing

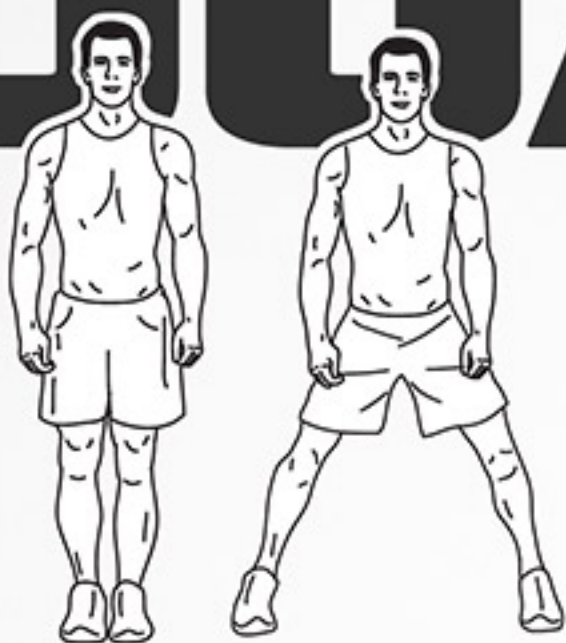
CARDIO

BOX

DAREBEE WORKOUT

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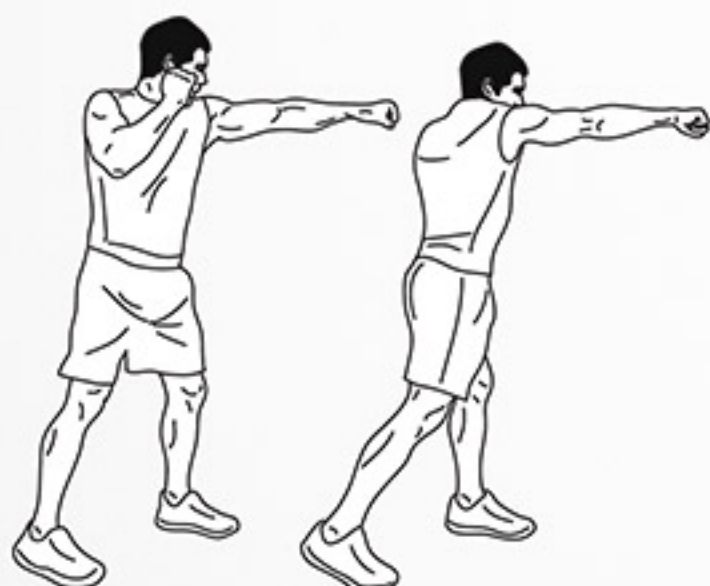
5 sets | 2 minutes rest



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)

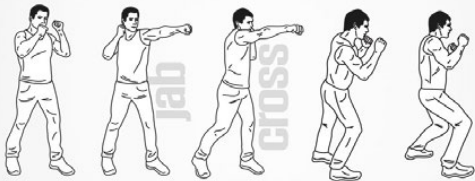
4 uppercuts

done

OFFICE BOXER WORKOUT

by DAREBEE

© darebee.com



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

done

Relieve stress
and stay in shape
during office hours!

Repeat every 2hrs
or whenever possible.

PRO BOXER

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 bounce



10 hooks



10 jab + cross



20 bounce



10 jab + hook



10 jab + jab + hook



20 bounce



10 jab + hook + uppercut



10 uppercuts

seated **boxer**

DAREBEE **OFFICE** WORKOUT © darebee.com



10 overhead punches

10 punches

10 overhead punches

10 punches

10 overhead punches

10 punches

done