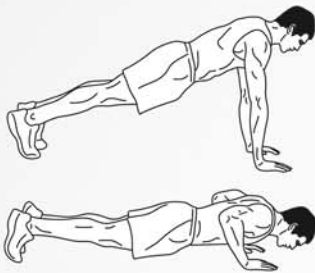


BOXER | SPEED

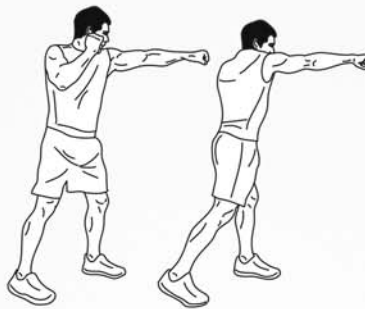
DAREBEE BOXING WORKOUT @ darebee.com

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

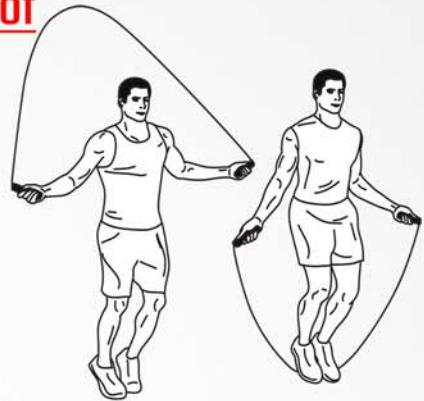
no jump rope? hop on the spot



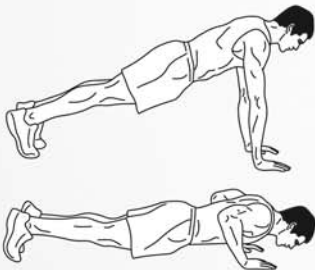
15sec push-ups



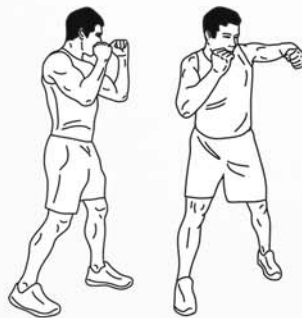
15sec jab + cross



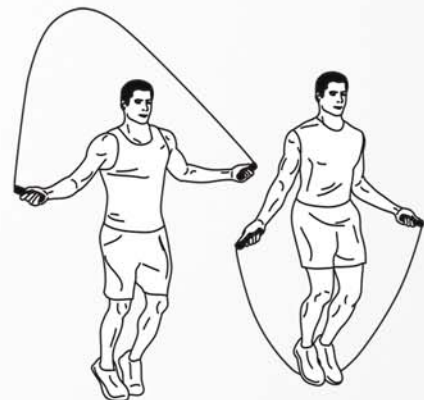
30sec jump rope



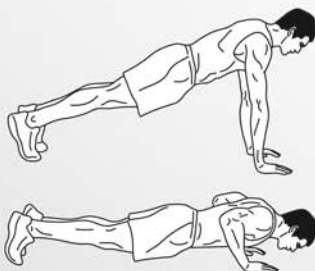
15sec push-ups



15sec hooks



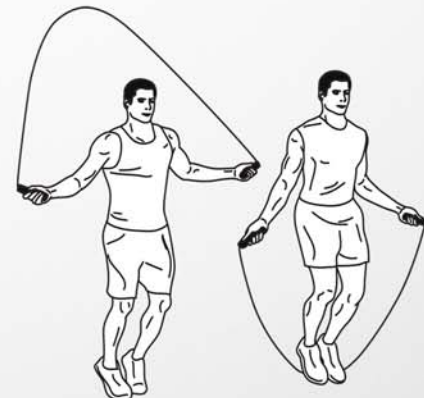
30sec jump rope



15sec push-ups



15sec uppercuts



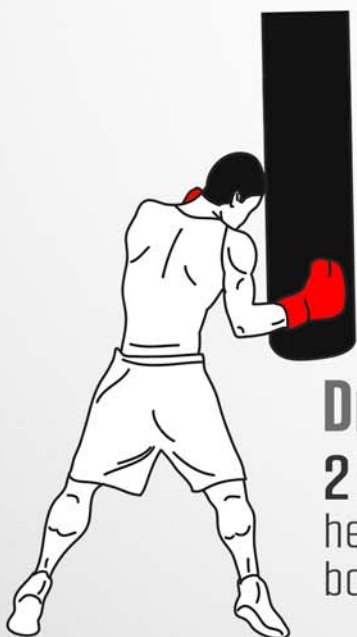
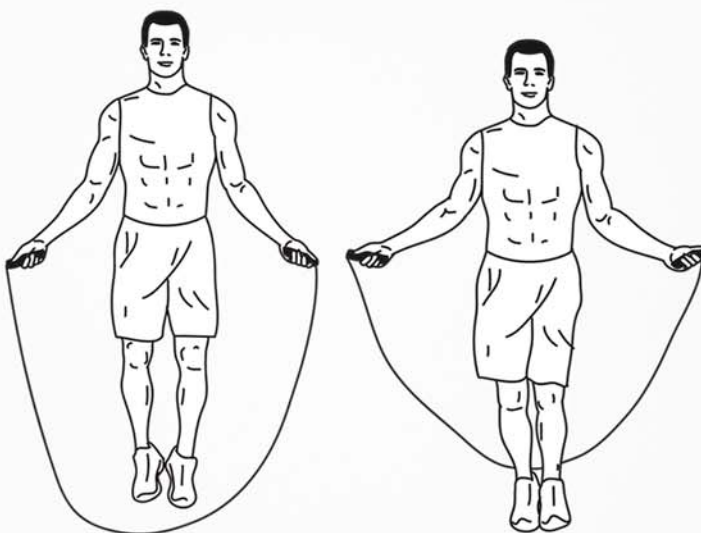
30sec jump rope

BOXING DRILLS

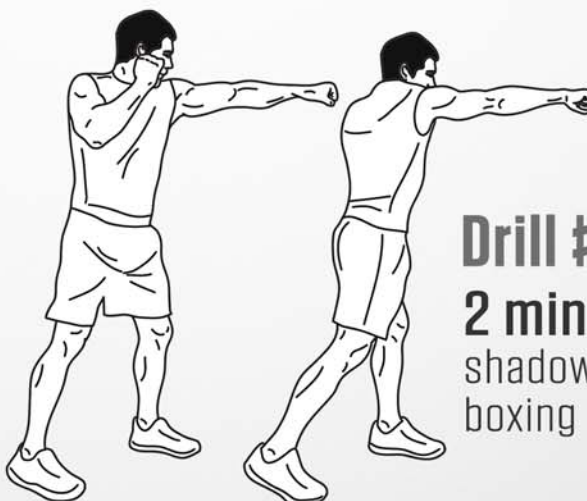
DAREBEE WORKOUT @ darebee.com

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

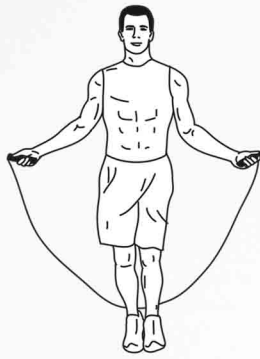
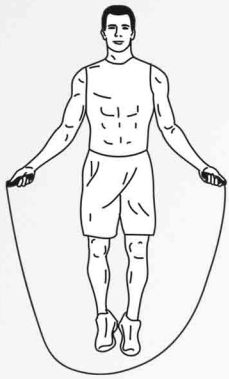


Drill #3
2 minutes
shadow
boxing

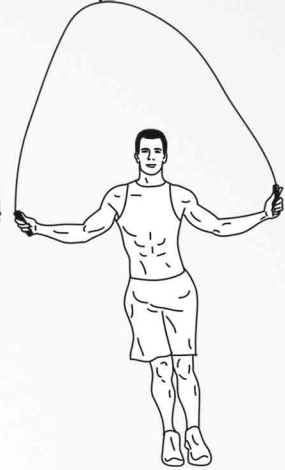
Jump Rope

DAREBEE WORKOUT @ darebee.com

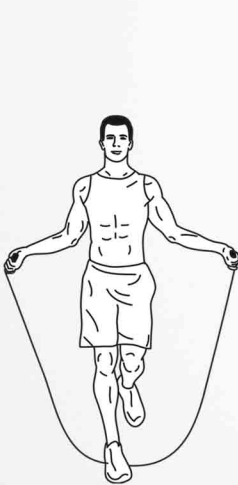
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



60 feet together jumps



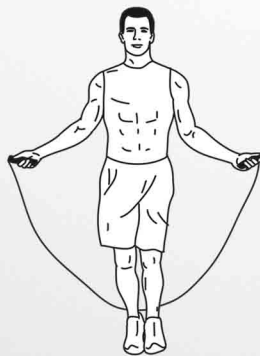
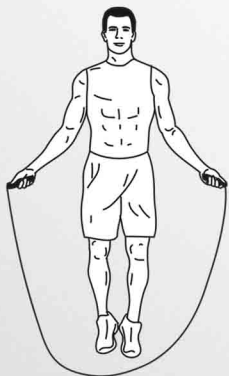
10 feet together side-to-side



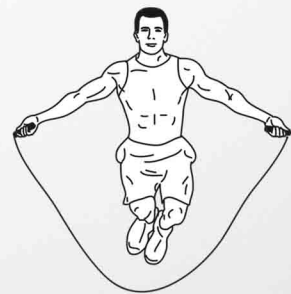
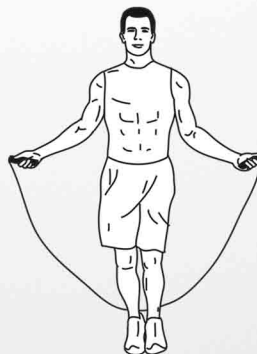
60 skip jumps



10 high knee skip jumps



60 feet together jumps



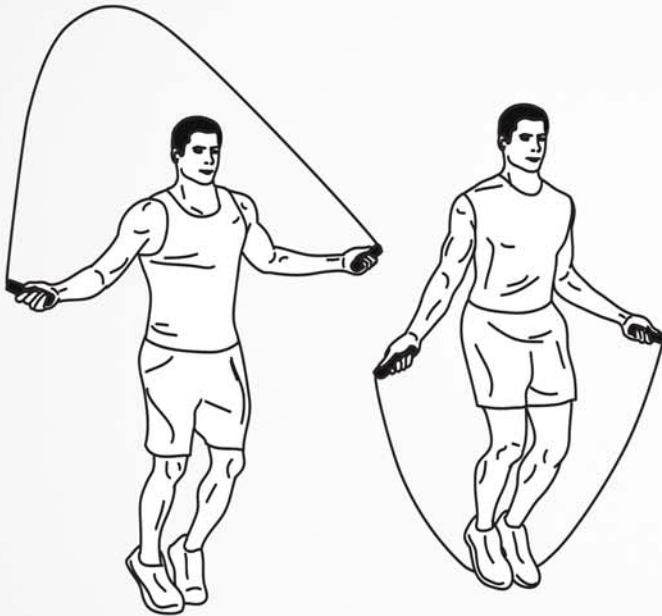
10 feet together high jumps

POWER LINE

DAREBEE WORKOUT

@ darebee.com

5 sets | 2 minutes rest



30 jump rope skips

3 push-ups

30 jump rope skips

3 push-ups

30 jump rope skips

3 push-ups

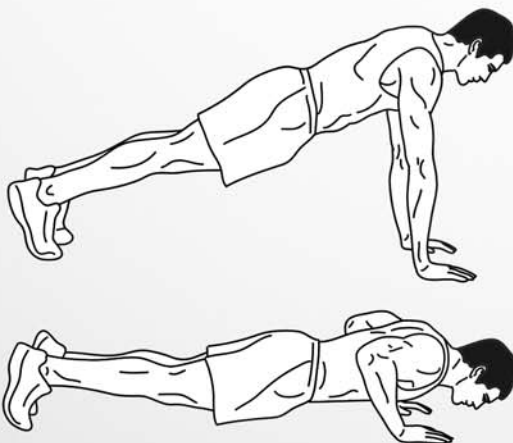
30 jump rope skips

3 push-ups

30 jump rope skips

3 push-ups

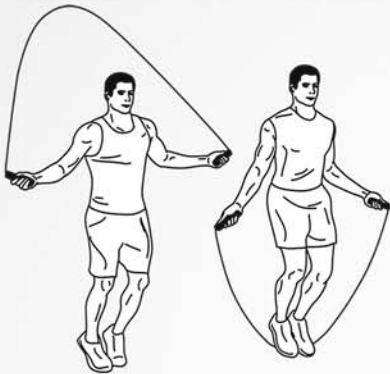
done



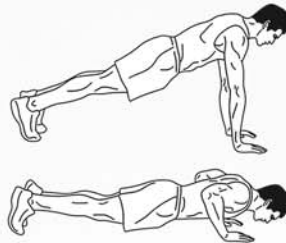
POWER SKIP

DAREBEE WORKOUT @ darebee.com

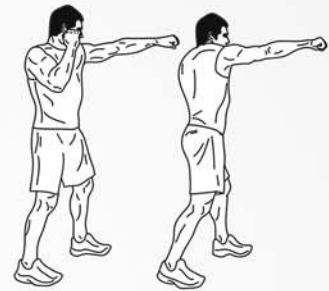
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



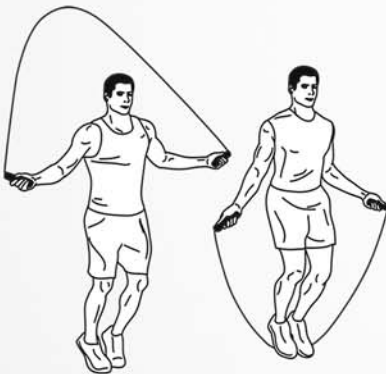
40 jump rope skips



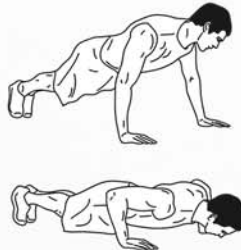
4 classic grip push-ups



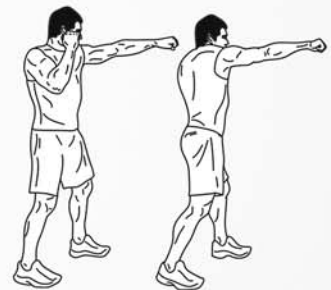
40 punches



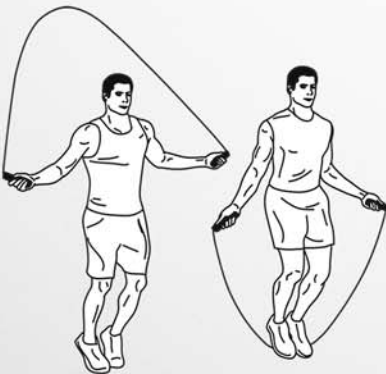
40 jump rope skips



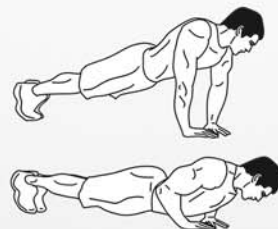
4 wide grip push-ups



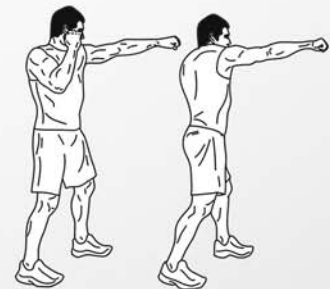
40 punches



40 jump rope skips



4 close grip push-ups



40 punches

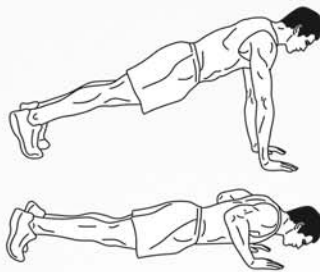
reset

DAREBEE WORKOUT @ darebee.com

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



20 squats



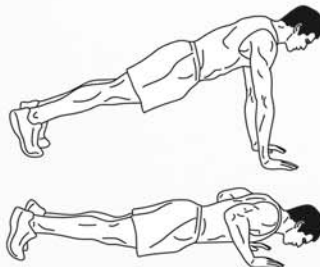
10 push-ups



20-count plank



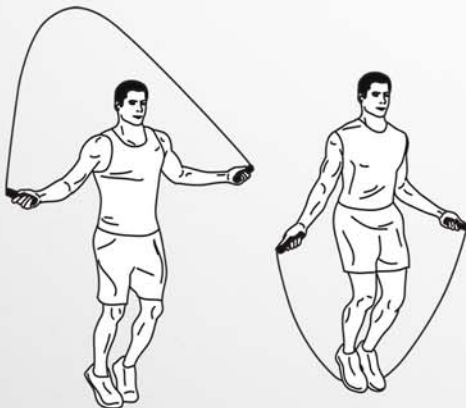
20 squats



10 push-ups



20-count plank



1 minute jump rope



1 minute crunches