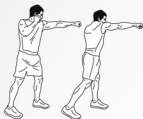


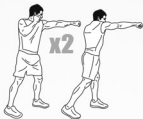
the Brawler

DAREBEE WORKOUT @ darebee.com

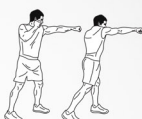
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jab + cross



20 jab + jab + cross



20 x 4 fast punches



20 jab + hook



20 jab + jab + hook



20 hooks



20 jab + uppercut



20 jab + jab + uppercut

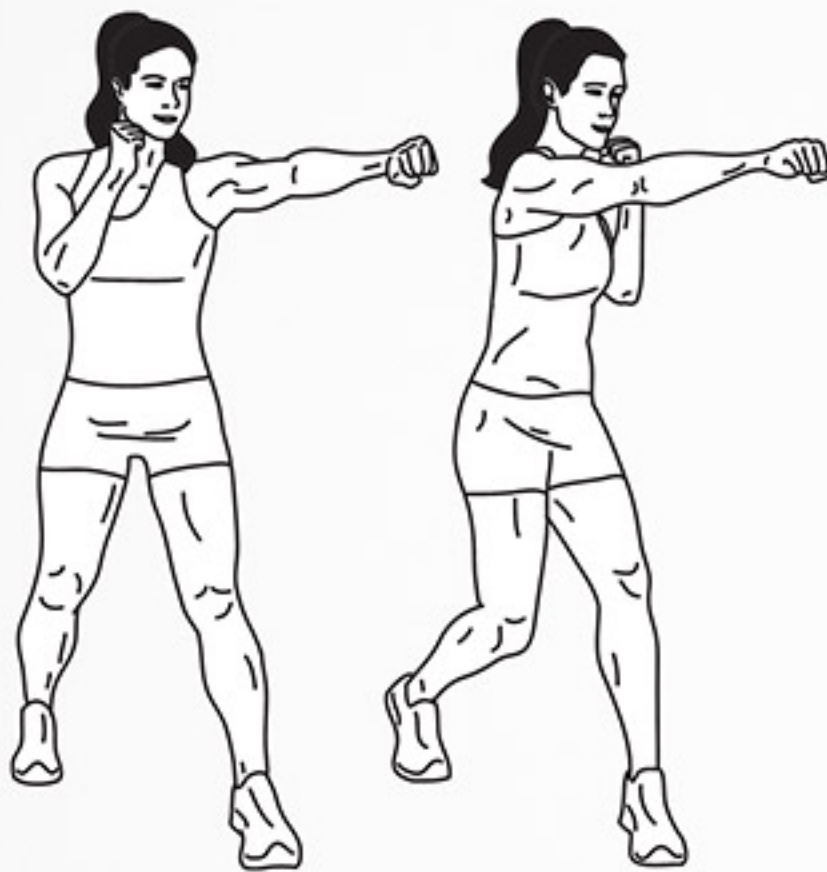


20 uppercuts

COUNTER

DAREBEE WORKOUT @ darebee.com

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



20 punches

2 squats

20 punches

2 squats

20 punches

2 squats



20 punches

2 squats

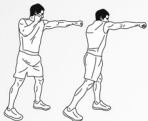
20 punches

2 squats

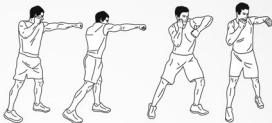
KNOCKOUT

DAREBEE WORKOUT @ darebee.com

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



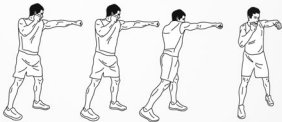
40 jab + cross



20combos jab + cross + elbow strike + hook



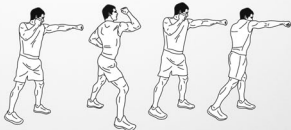
40 speed bag punches



20combos jab + jab + cross + hook



40 side-to-side backfists



20combos jab + elbow strike + jab + cross

ONE PUNCH

DAREBEE TRIBUTE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 minutes rest between sets



10 high knees



5 squats



10 high knees



5 squats



10 high knees



5 push-ups



10 high knees



5 push-ups



10 high knees



5 sit-ups



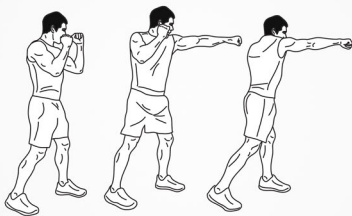
10 high knees



5 sit-ups

PACK A PUNCH

DAREBEE **HIIT** WORKOUT © darebee.com



3min punches

30sec rest

3min punches

30sec rest

3min punches

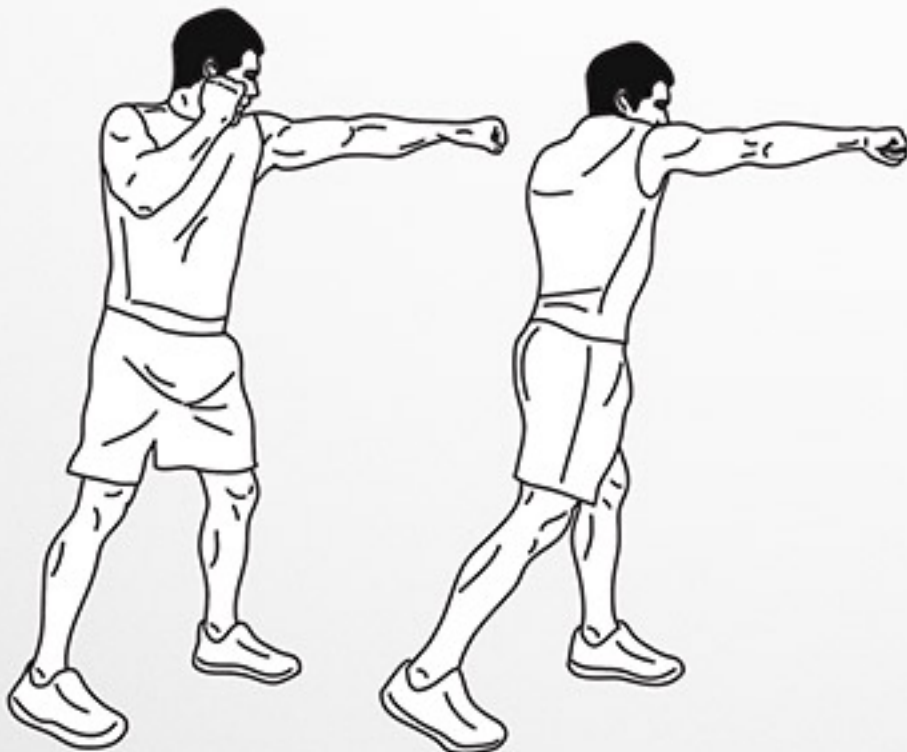
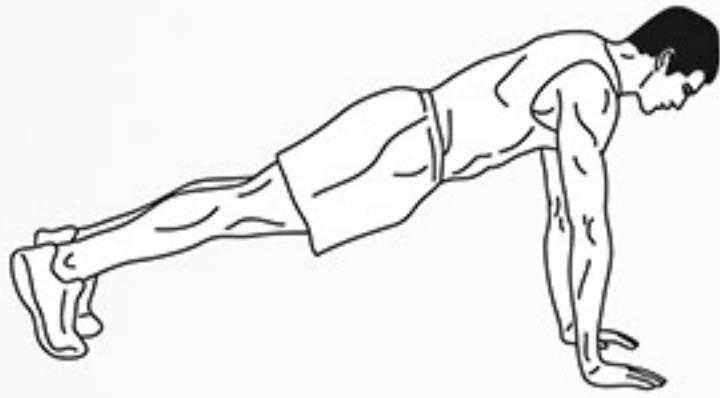
done

POWER PUNCH

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest

EXPRESS



5 push-ups

20 punches

5 push-ups

20 punches

5 push-ups

20 punches

5 push-ups

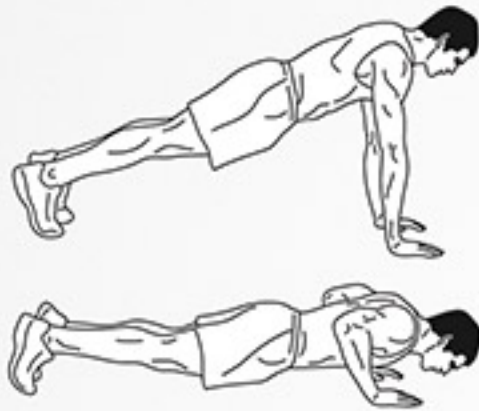
20 punches

done

POWER PUNCH

DAREBEE WORKOUT @ darebee.com

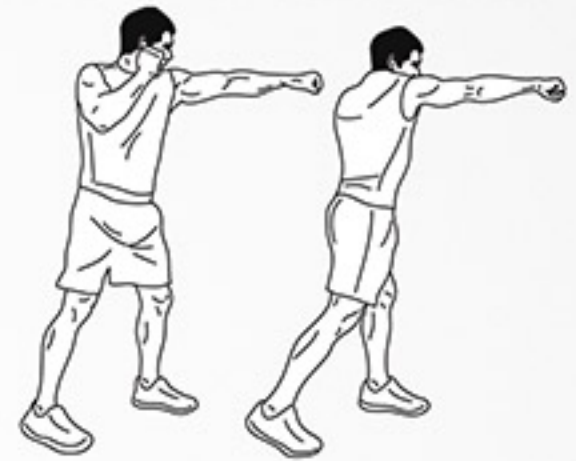
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



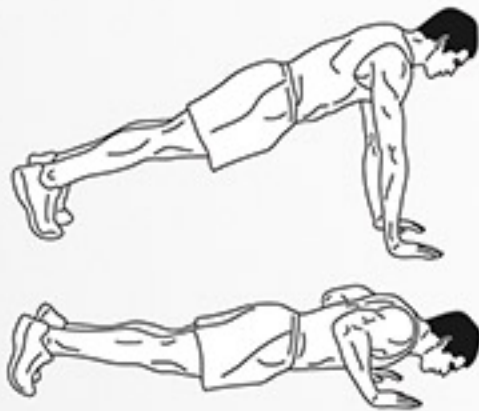
10 push-ups



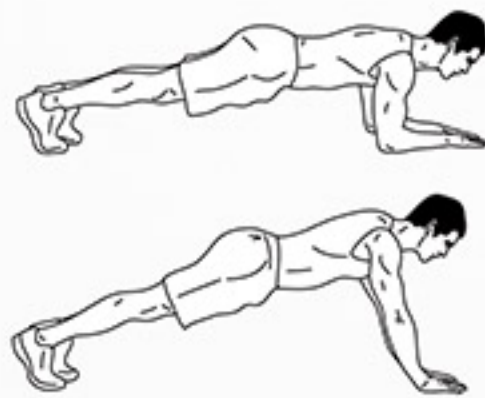
10-count push-up plank



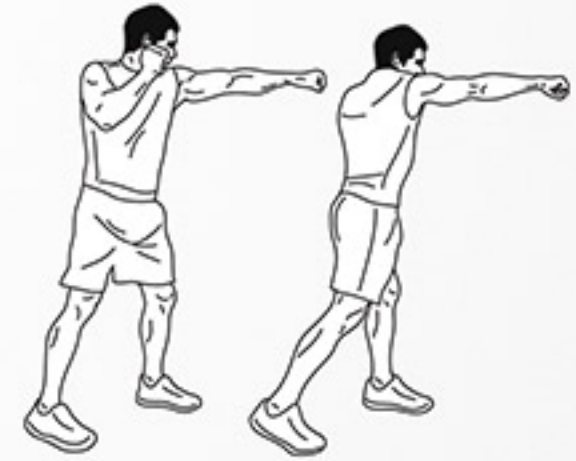
40 punches



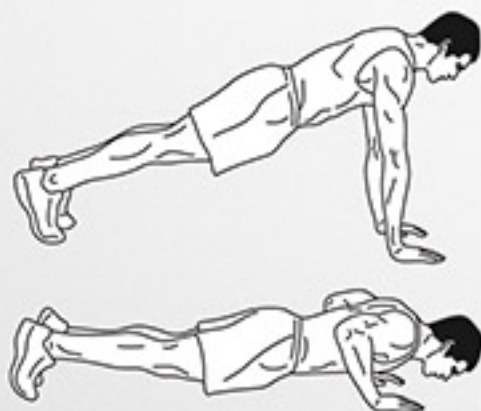
10 push-ups



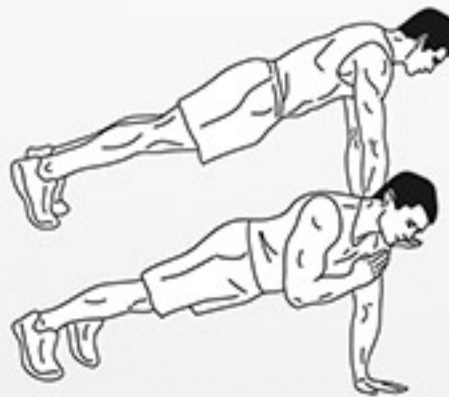
4 tricep extensions



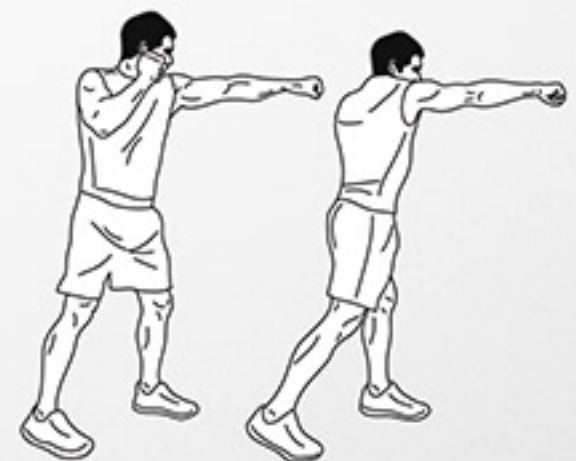
40 punches



10 push-ups



10 shoulder taps

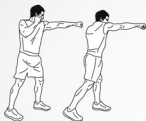


40 punches

PUNCH OUT!

DAREBEE WORKOUT @ darebee.com

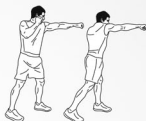
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



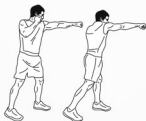
6 push-ups



20 punches



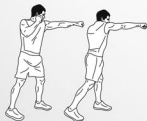
6 raised leg push-ups



20 punches



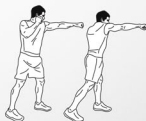
6 staggered push-ups



20 punches



6 push-up + rotation



20 punches

STRIKER

DAREBEE WORKOUT @ darebee.com

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

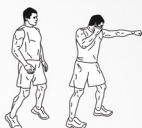
bounce on the spot non-stop - 10 reps each exercise



bounces



bounce & squat



bounce & jab + cross



bounces



bounce & squat



bounce & hook



bounces



bounce & squat



bounce & uppercut

SUCKER PUNCH

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



4 squats

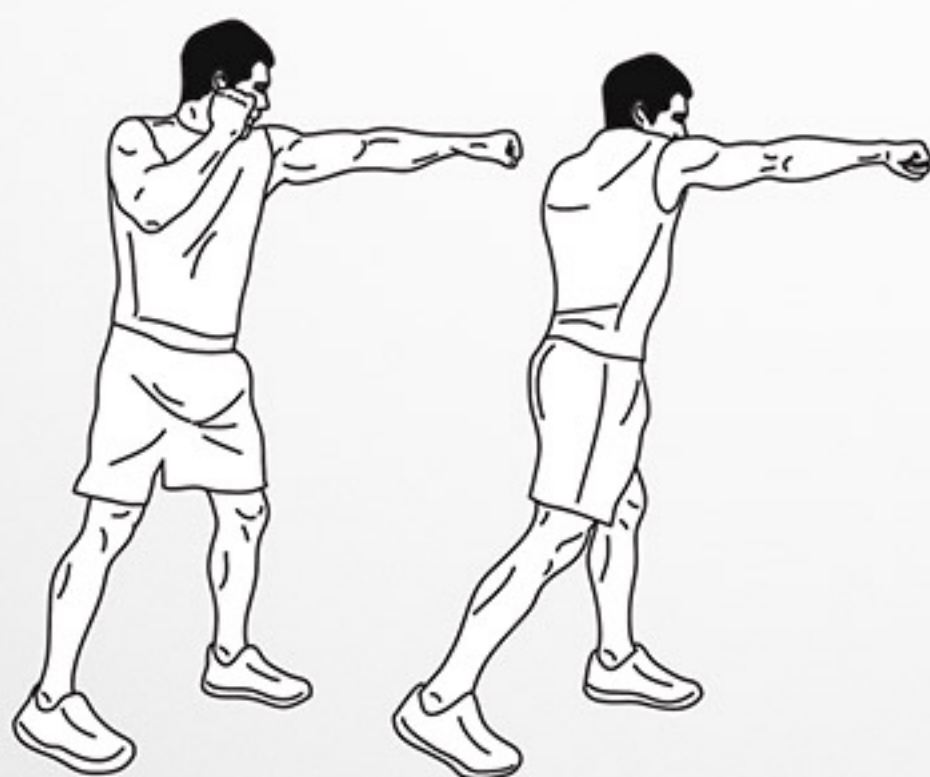
20 punches

4 squats

20 punches

4 squats

20 punches



4 squats

20 punches

4 squats

20 punches