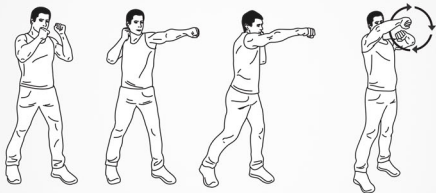


Boxer Arms

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