

BOXER| ENDURANCE

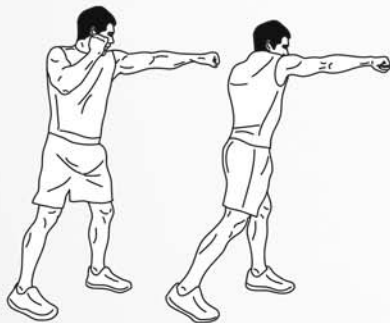
DAREBEE BOXING WORKOUT @ darebee.com

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

50 high knees



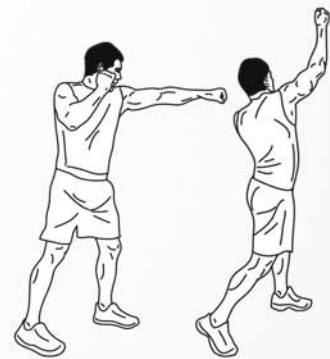
after each exercise



50 jab + cross



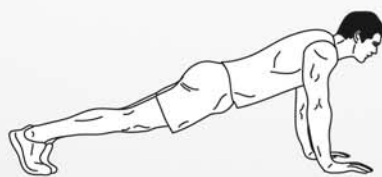
50 squats



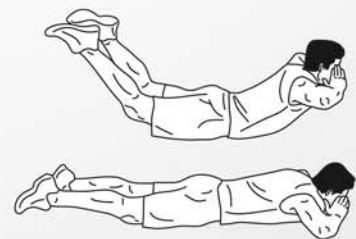
50 jab + uppercut



50 sit-up punches



50-count plank



50 back extensions