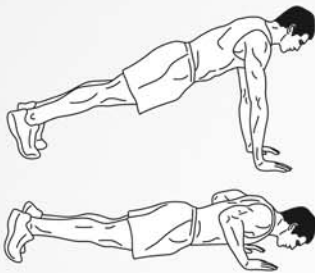


# BOXER | SPEED

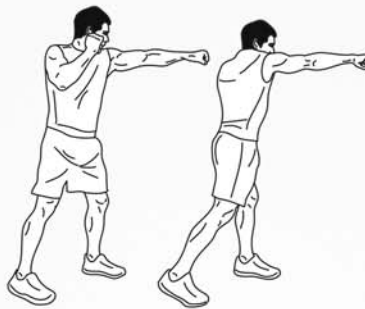
DAREBEE BOXING WORKOUT @ [darebee.com](http://darebee.com)

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

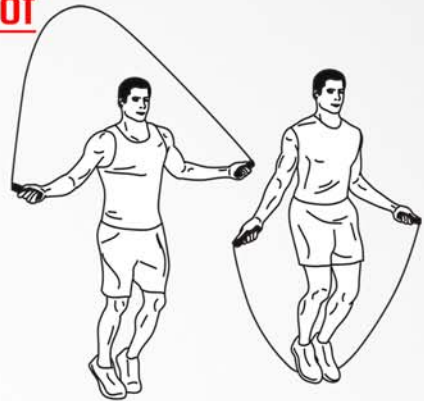
no jump rope? hop on the spot



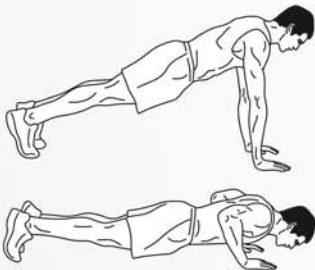
**15sec** push-ups



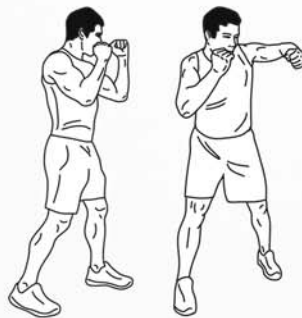
**15sec** jab + cross



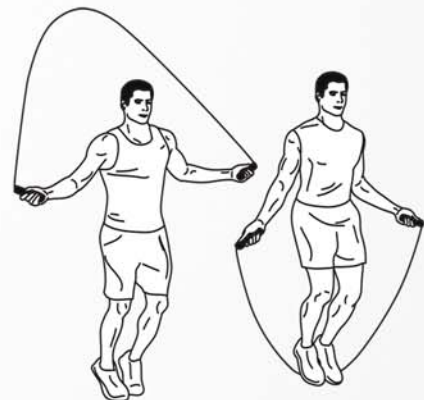
**30sec** jump rope



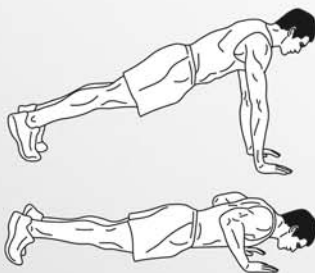
**15sec** push-ups



**15sec** hooks



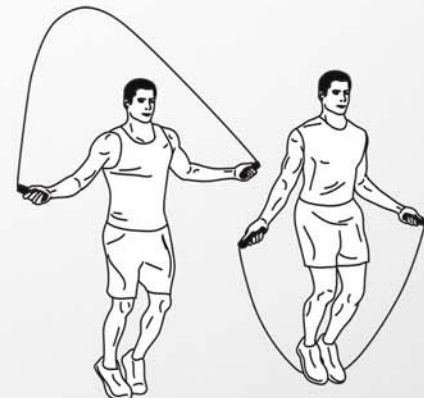
**30sec** jump rope



**15sec** push-ups



**15sec** uppercuts



**30sec** jump rope