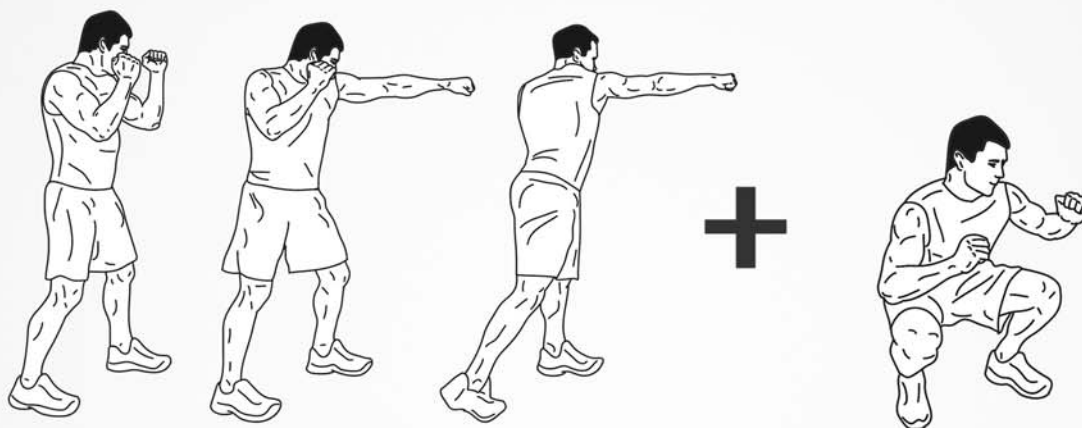


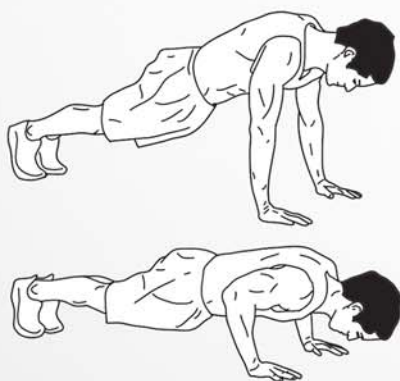
BOXER

5 SETS

DAREBEE WORKOUT © darebee.com
up to 2 minutes rest between rounds



5 minute shadow boxing **every 30 seconds** double squat



push-ups

level I 5 reps

level II 10 reps

level III 15 reps



sit-ups

level I 5 reps

level II 10 reps

level III 15 reps