

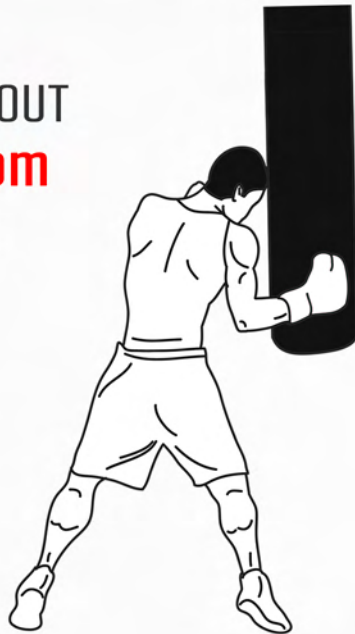
# PUNCHING BAG

DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

**5 sets in total**

2 minutes rest  
between sets

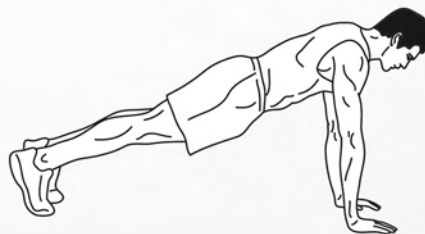


**2 minutes**

heavy bag boxing:  
jab + jab, jab+cross,  
jab+jab+cross, hooks



**10** squats



**10** push-ups