

BAG WORK

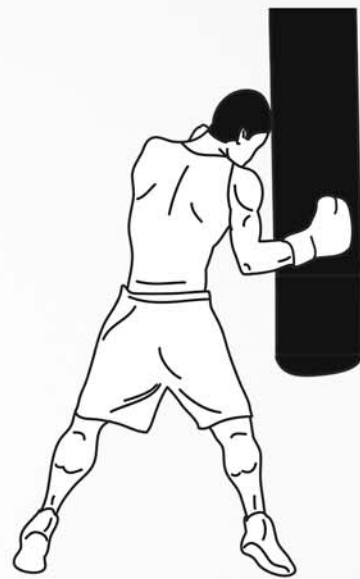
DAREBEE WORKOUT @ darebee.com
repeat **5 times in total**, no rest in between

5 minutes bag work (freestyle)

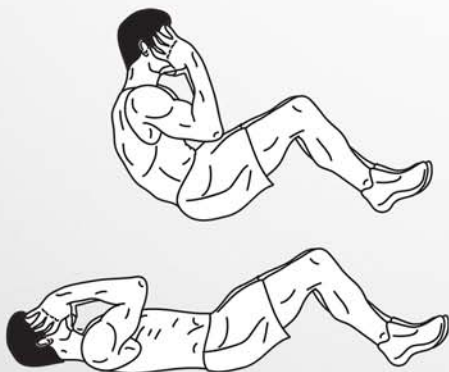
- ✓ keep your arms up at all times
- ✓ keep moving (bouncing)

combinations to try:

jab + cross (head height)
jab + jab + cross (head height)
jab + jab + hook (head height)
jab + cross + jab + hook (head height)
jab + cross + jab + cross (torso height)
jab (torso height) + jab (head height) + hook (head height)
jab + squat + hook



1 minute sit-ups



1 minute leg raises

