

BOXER | ABS

DAREBEE BOXING WORKOUT © darebee.com

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



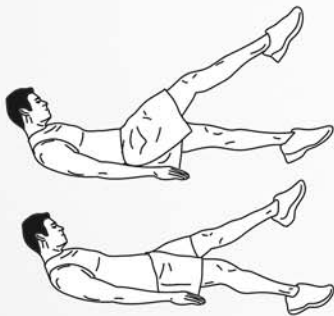
30 sit-up punches



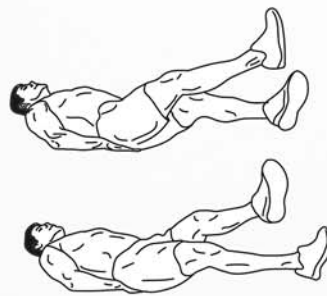
30 siting punches



30 knee-ins & twists



30 flutter kicks



30 scissors



30 butt-ups



30-count plank



30-count raised leg plank



30-count side plank