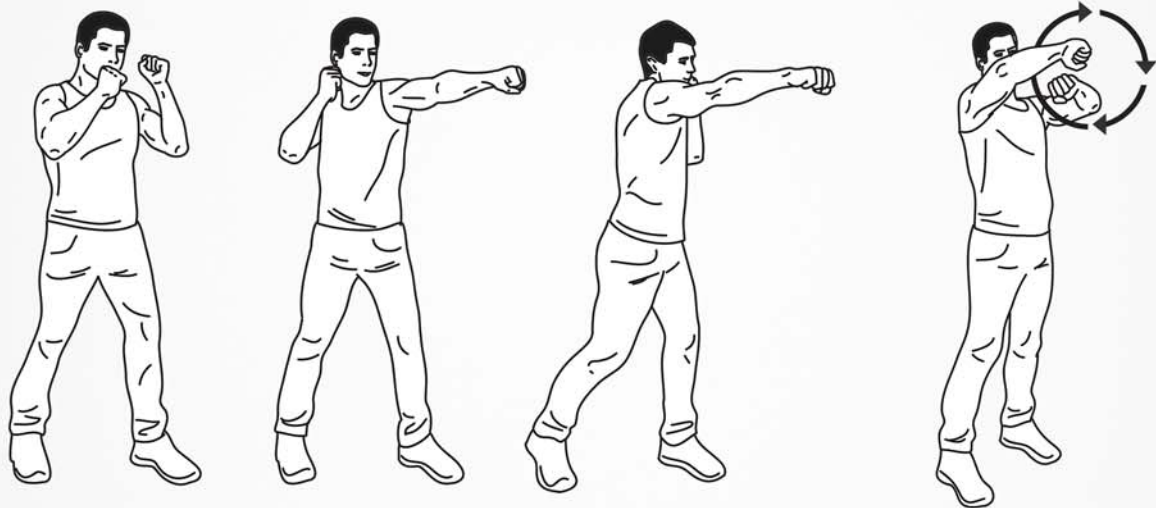


# Boxer Arms

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

Repeat 3 times with 1 minute rest in between.

Keep arms up during the set.



**10** punches (jab + cross)

**10** speed bag punches

**20** punches (jab + cross)

**20** speed bag punches

**40** punches (jab + cross)

**40** speed bag punches

done