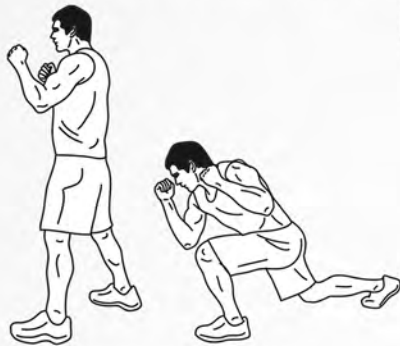


# BOXER | FLEXIBILITY

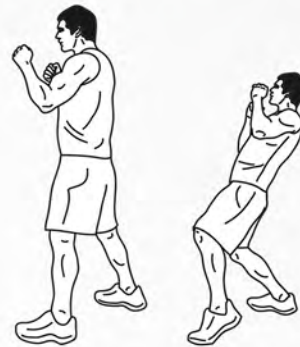
DAREBEE BOXING WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST 2 minutes



**40** knee-to-elbow lunges



**20** forward & backward bends



**20** side-to-side tilts



**20** knee bends



**40-count** quad stretch



**20-count** back stretch



**20-count** arm stretch #1



**20-count** arm stretch #2