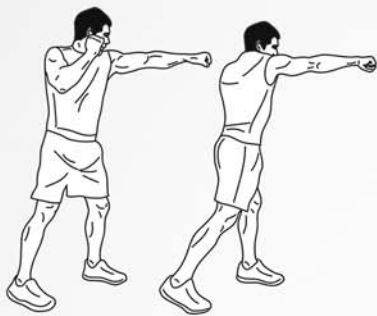


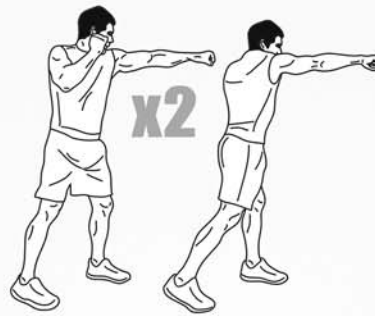
# theBrawler

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

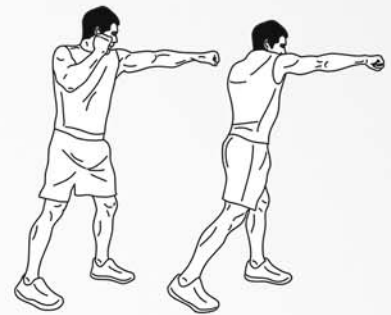
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



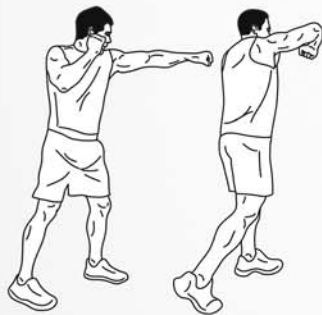
20 jab + cross



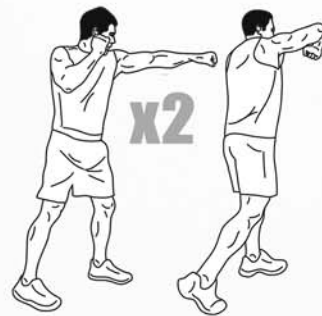
20 jab + jab + cross



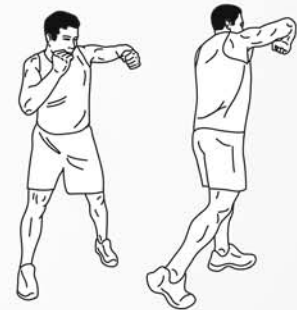
20 x 4 fast punches



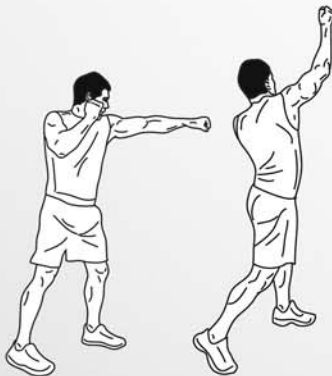
20 jab + hook



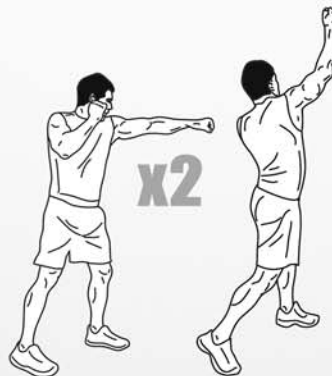
20 jab + jab + hook



20 hooks



20 jab + uppercut



20 jab + jab + uppercut



20 uppercuts