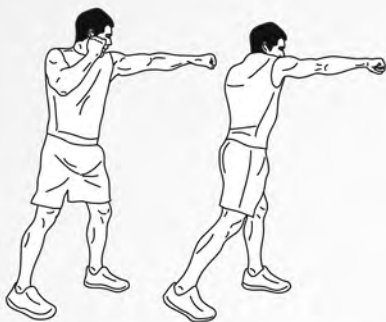


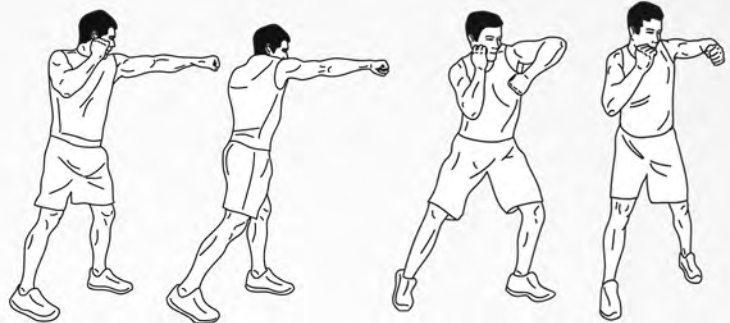
KNOCKOUT

DAREBEE WORKOUT @ darebee.com

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



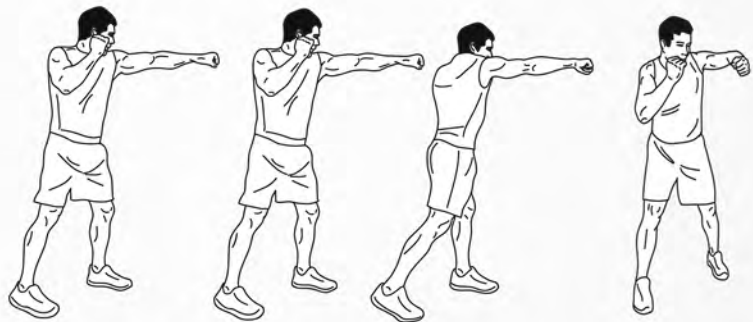
40 jab + cross



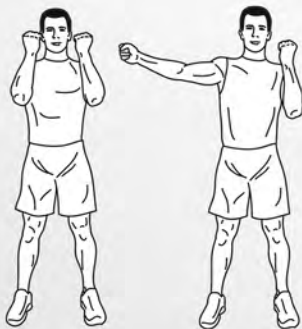
20combos jab + cross + elbow strike + hook



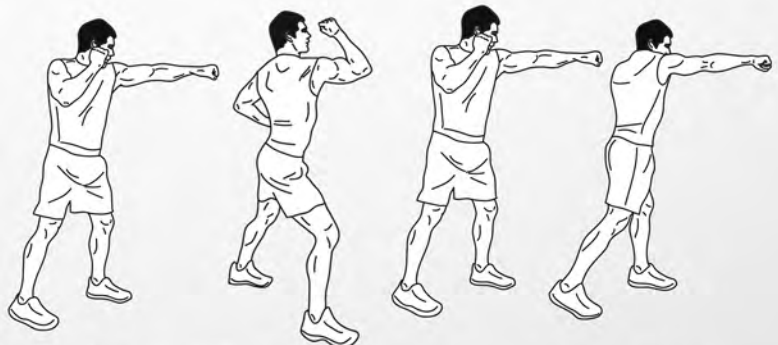
40 speed bag punches



20combos jab + jab + cross + hook



40 side-to-side backfists



20combos jab + elbow strike + jab + cross