

STRIKER

DAREBEE WORKOUT @ darebee.com

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

bounce on the spot non-stop - **10 reps** each exercise



bounces



bounce & squat



bounce & jab + cross



bounces



bounce & squat



bounce & hook



bounces



bounce & squat



bounce & uppercut