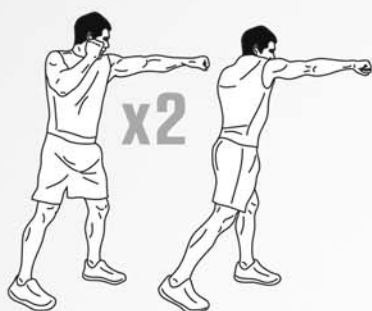


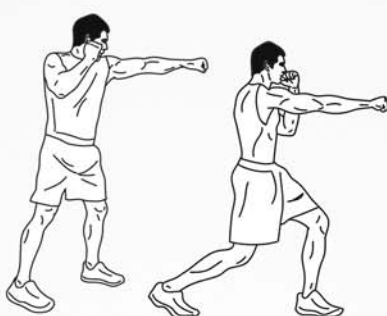
FIGHT NIGHT

DAREBEE BOXING WORKOUT @ darebee.com

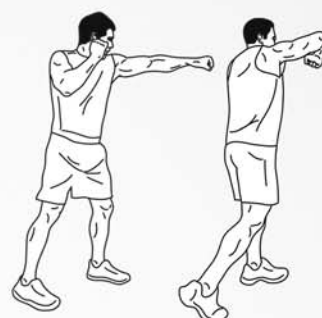
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



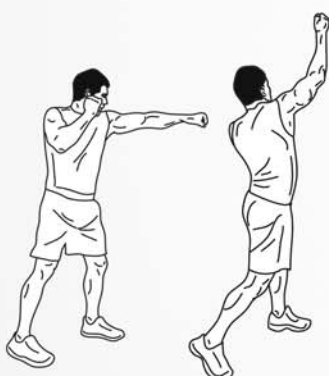
20sec jab + jab + cross



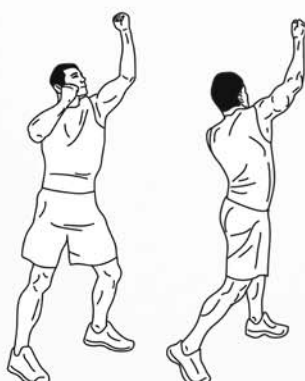
20sec jab + lunge cross



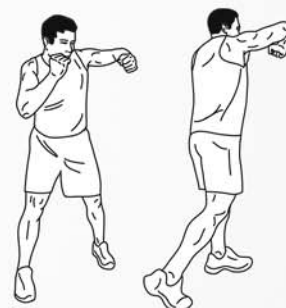
20sec jab + hook



20sec jab + upper cut



20sec upper cut + upper cut



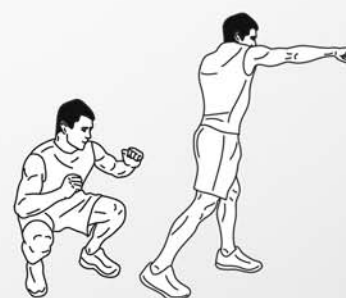
20sec hook + hook



20sec squat + hook



20sec squat + upper cut



20sec squat + cross