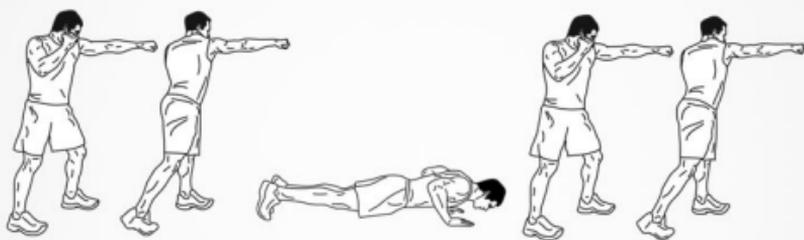


# BOXEUR

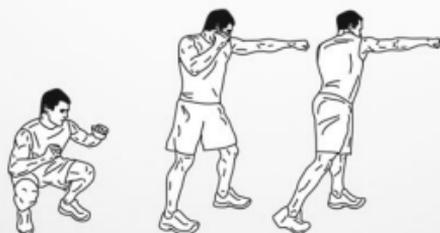
DAREBEE **HIT** ENTRAÎNEMENT © [darebee.com](https://darebee.com)

NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



**20sec** jab + cross

**20sec** pompe + jab + cross



**20sec** squat + jab + cross