

# BOXEUR PRO

DAREBEE ENTRAÎNEMENT © [darebee.fr](https://darebee.fr)

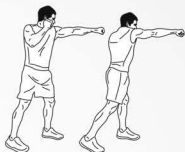
**NIVEAU I** 3 séries **NIVEAU II** 5 séries **NIVEAU III** 7 séries **REPOS** jusqu'à 2 min



20 sauts (bounces)



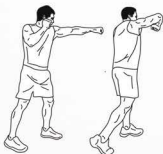
10 hooks



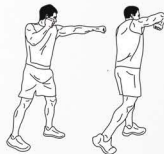
10 jab + cross



20 sauts (bounces)



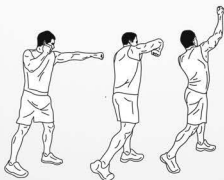
10 jab + hook



10 jab + jab + hook



20 sauts (bounces)



10 jab + hook + uppercut



10 uppercuts