

# River

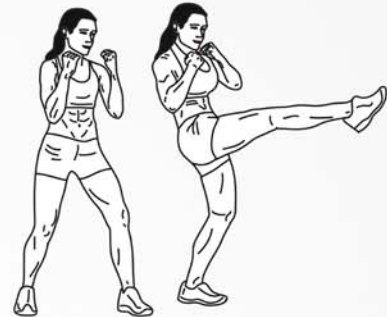


DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

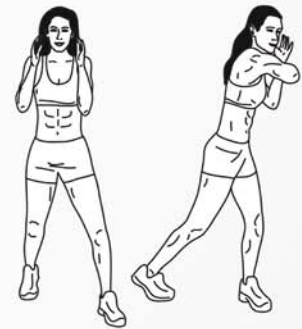
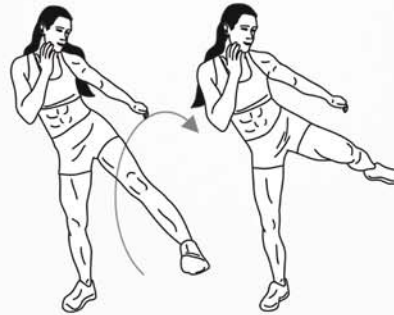
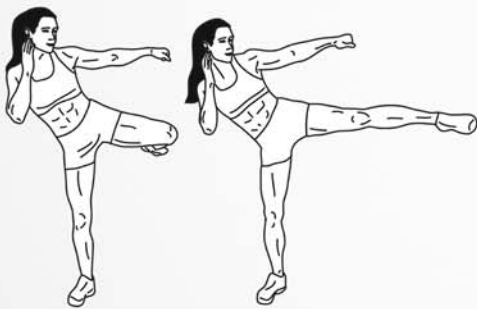
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



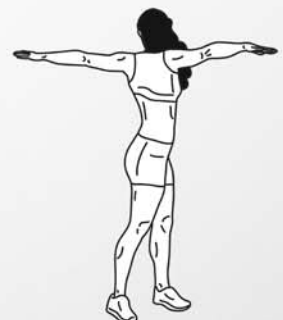
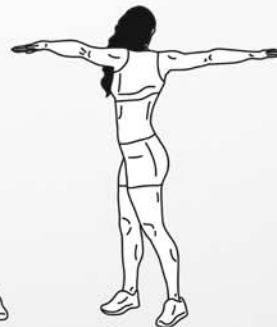
**20** high knees (accelerate!)



**10combos** squat + front kick



**20combos** turning kick + hook kick + elbow strike



**20combos** knee strike + back elbow strike + extend arms & twist