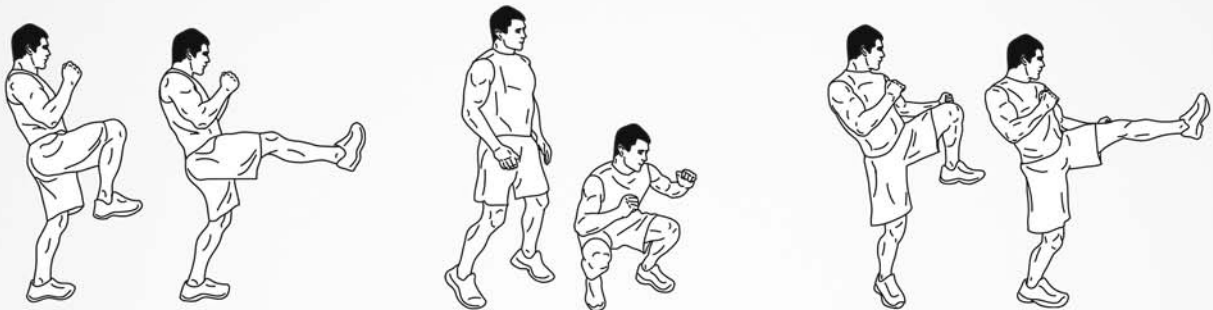


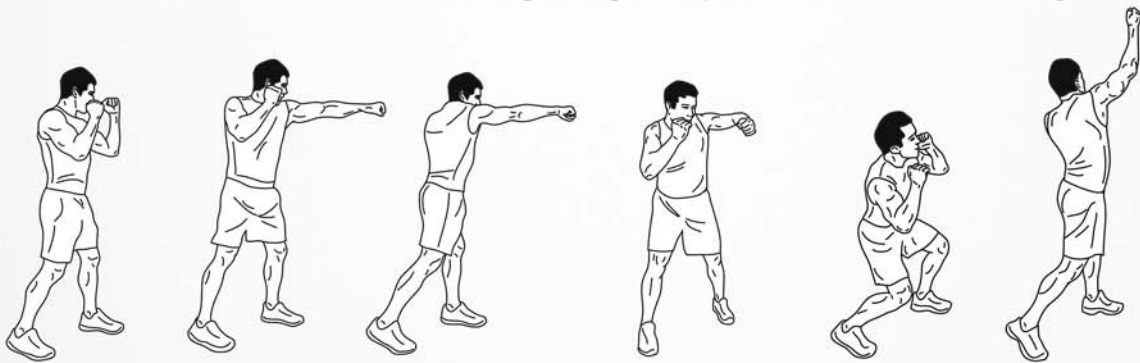
# RYU

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

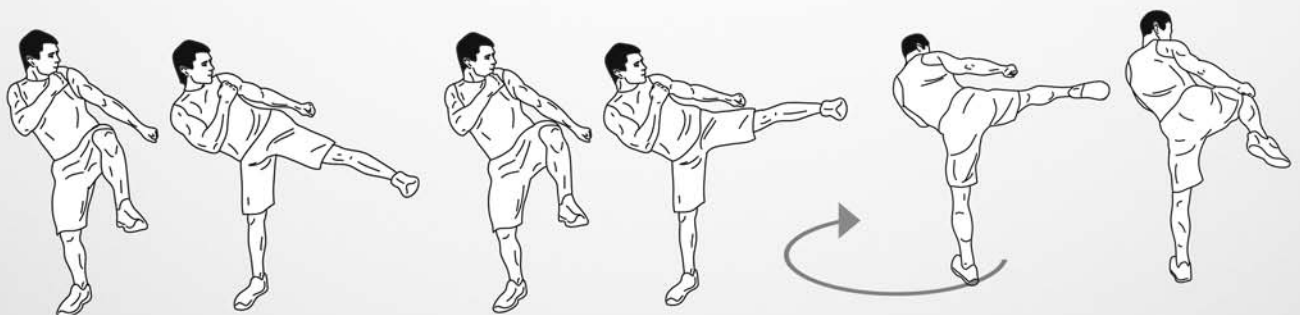
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20combos** front kick (right leg) + squat + front kick (left leg)



**20combos** jab + jab + cross + hook + uppercut



**20combos** low side kick + mid height side kick + reverse hook kick