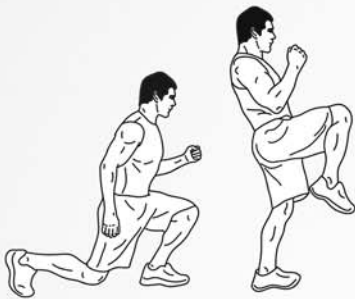


**Muay Thai**

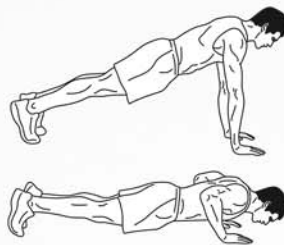
# *the Clinch*

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

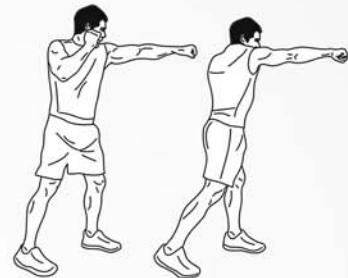
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



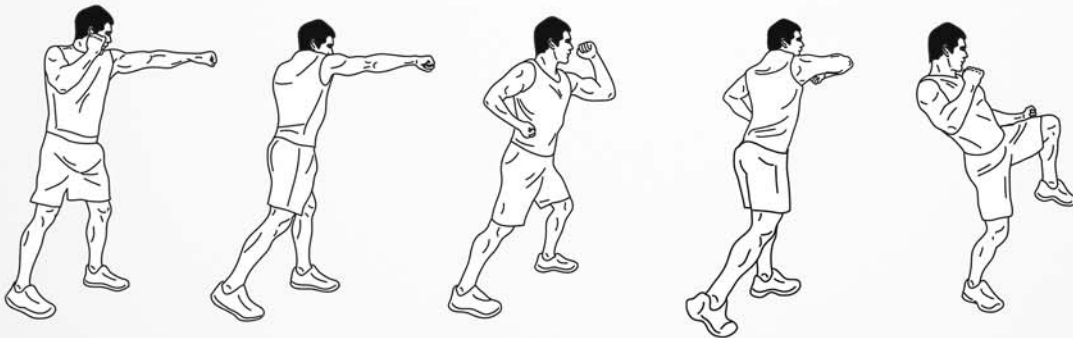
**20** lunge step-ups



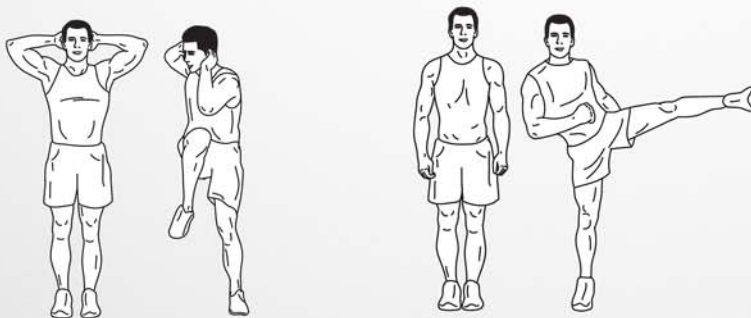
**20** push-ups



**20** jab + cross



**20combos** jab + cross + upward elbow strike + elbow strike + knee strike



**20** knee-to-elbows

**20** side leg raises

**20-count** squat hold