

# JADE

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** double front kicks



**40** turning kicks



**40** punches



**20combos** turning kick + hook kick



**40** punches



**20combos** side kick + backfist



**40** punches