

# STARBORN

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 jumping jacks



20 knee-to-elbow



20 reverse lunges



20 high squats



20 calf raises



20 back leg raises



20 staggered deadlifts