

# BORN READY.

DAREBEE WORKOUT

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

LEVEL I 3 sets

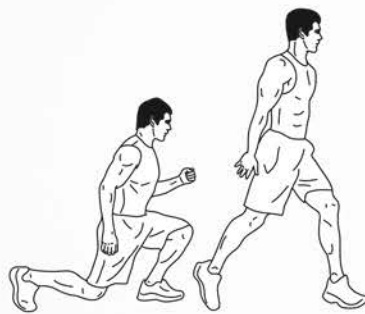
LEVEL II 5 sets

LEVEL III 7 sets

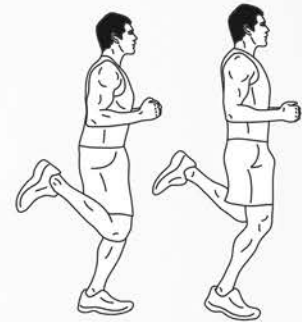
REST up to 2 minutes



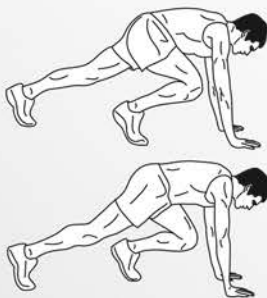
**20** high knees



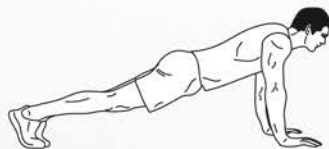
**2** jumping lunges



**20** butt kicks



**20** climbers



**2** plank jacks



**20** shoulder taps