

# RAVEN

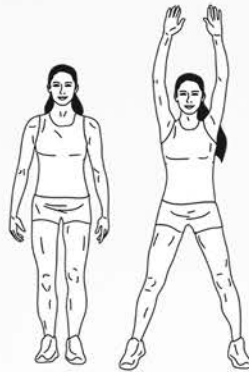
DAREBEE WORKOUT

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

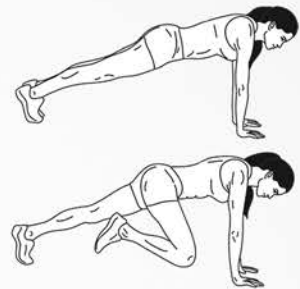
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



4 hop heel clicks



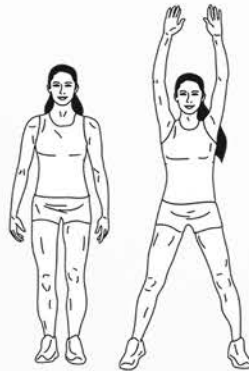
20 jumping jacks



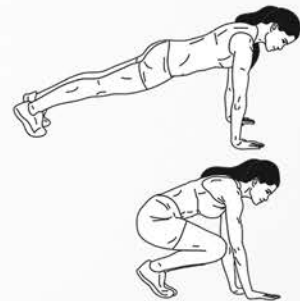
4 climbers



4 hop heel clicks



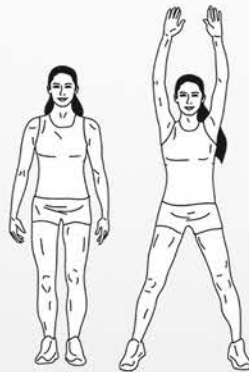
20 jumping jacks



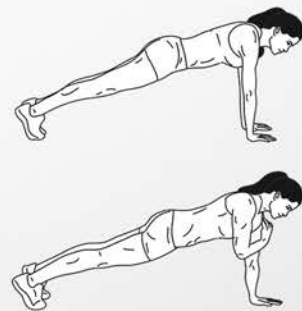
4 plank jump-ins



4 hop heel clicks



20 jumping jacks



4 shoulder taps