

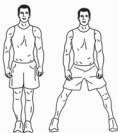
QUICKSAND

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec jumping jacks



20sec half jacks



20sec jumping jacks



20sec side-to-side hops



20sec jumping jacks



20sec hops on the spot