

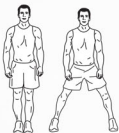
# QUICKSAND

DAREBEE **HIIT** WORKOUT © [darebee.com](http://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** calf raises