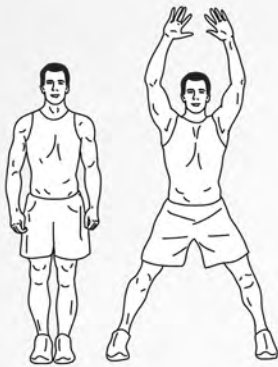


# RICOCHET

DAREBEE **HIIT** WORKOUT @ [darebee.com](https://darebee.com)

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets

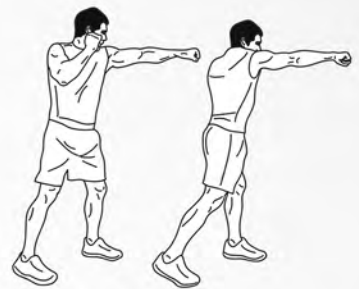
2 minutes rest between set



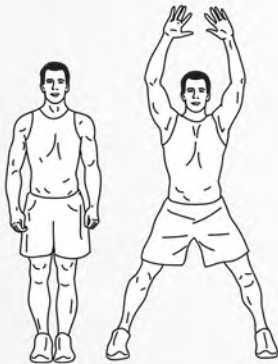
**30sec** jumping jacks



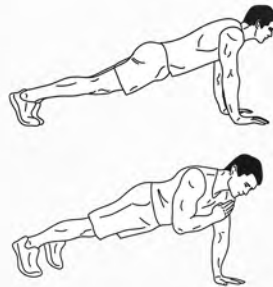
**15sec** plank hold



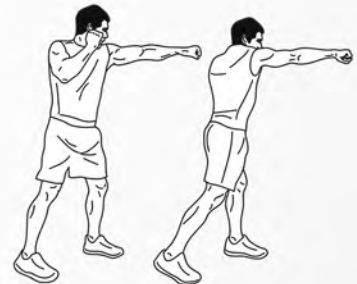
**15sec** punches



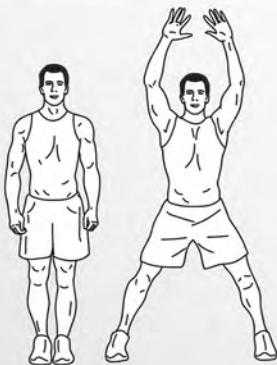
**30sec** jumping jacks



**15sec** shoulder taps



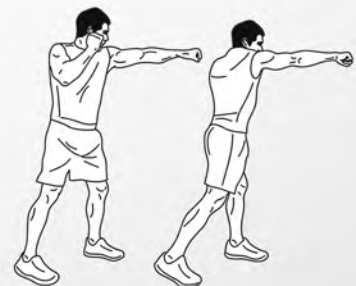
**15sec** punches



**30sec** jumping jacks



**15sec** plank hold



**15sec** punches