

ATALANTA

DAREBEE WORKOUT © darebee.com

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



20 lunge punches



20 knee strikes



20 elbow strikes



20 slow climbers



20 shoulder taps



20 plank leg raises



10 bicycle crunches



10 sitting punches



10 leg raises