

# ATHENA

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



4 squats



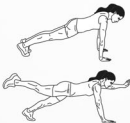
10 knee tap reverse lunges



20 punches



4 one-arm plank jump-ins



4 alt arm/leg plank



4 supergirl stretch



10 reverse crunches



4 raised legs crunches



10 scissors