

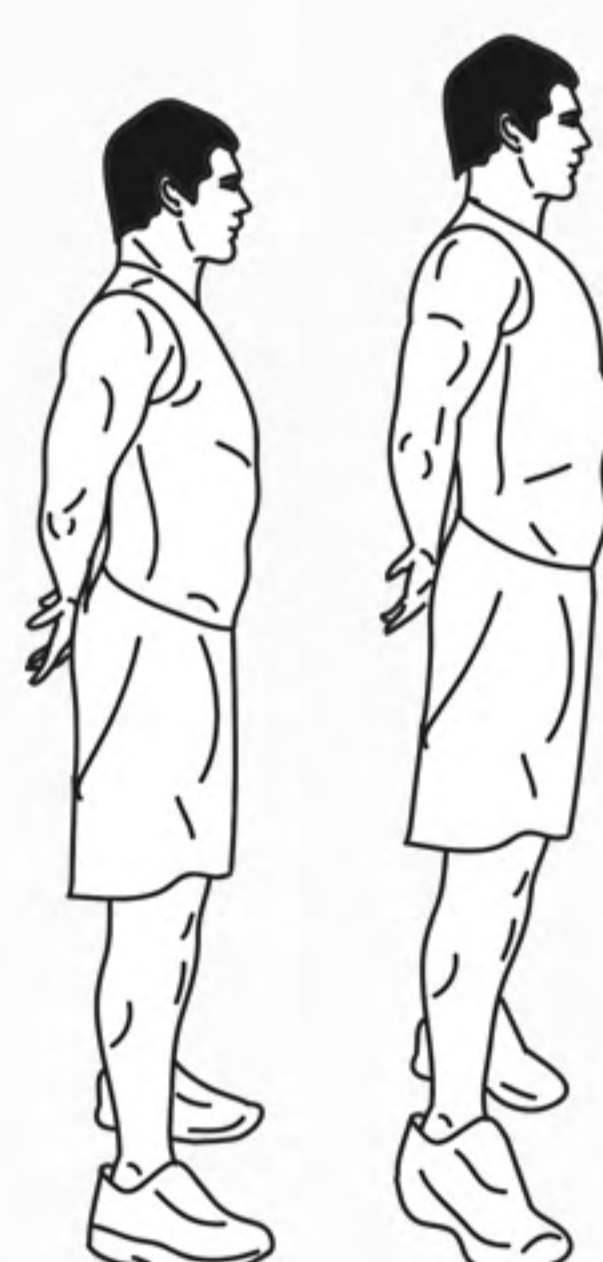
# ATLAS

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

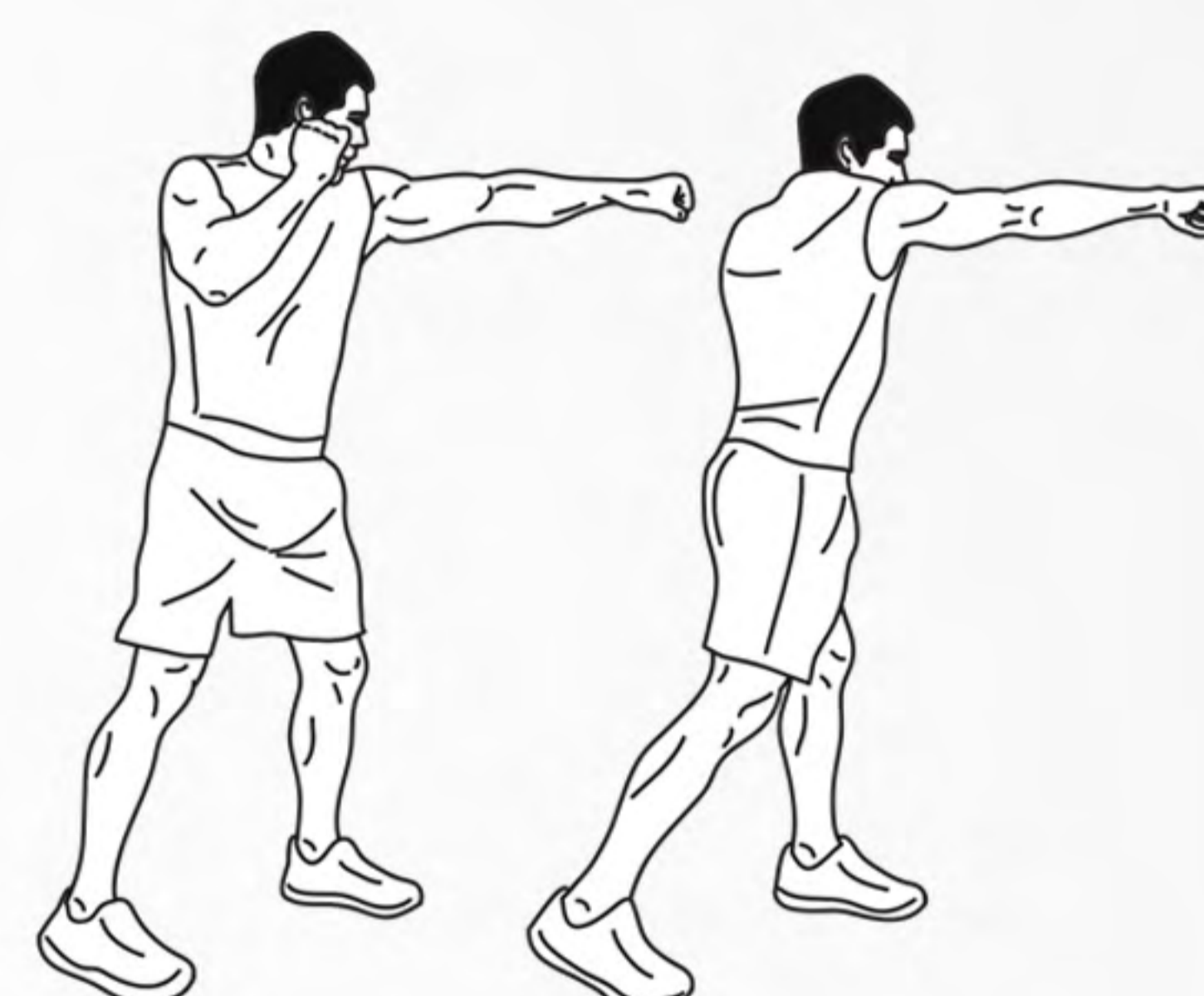
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**6** cossack squats



**6** calf raises



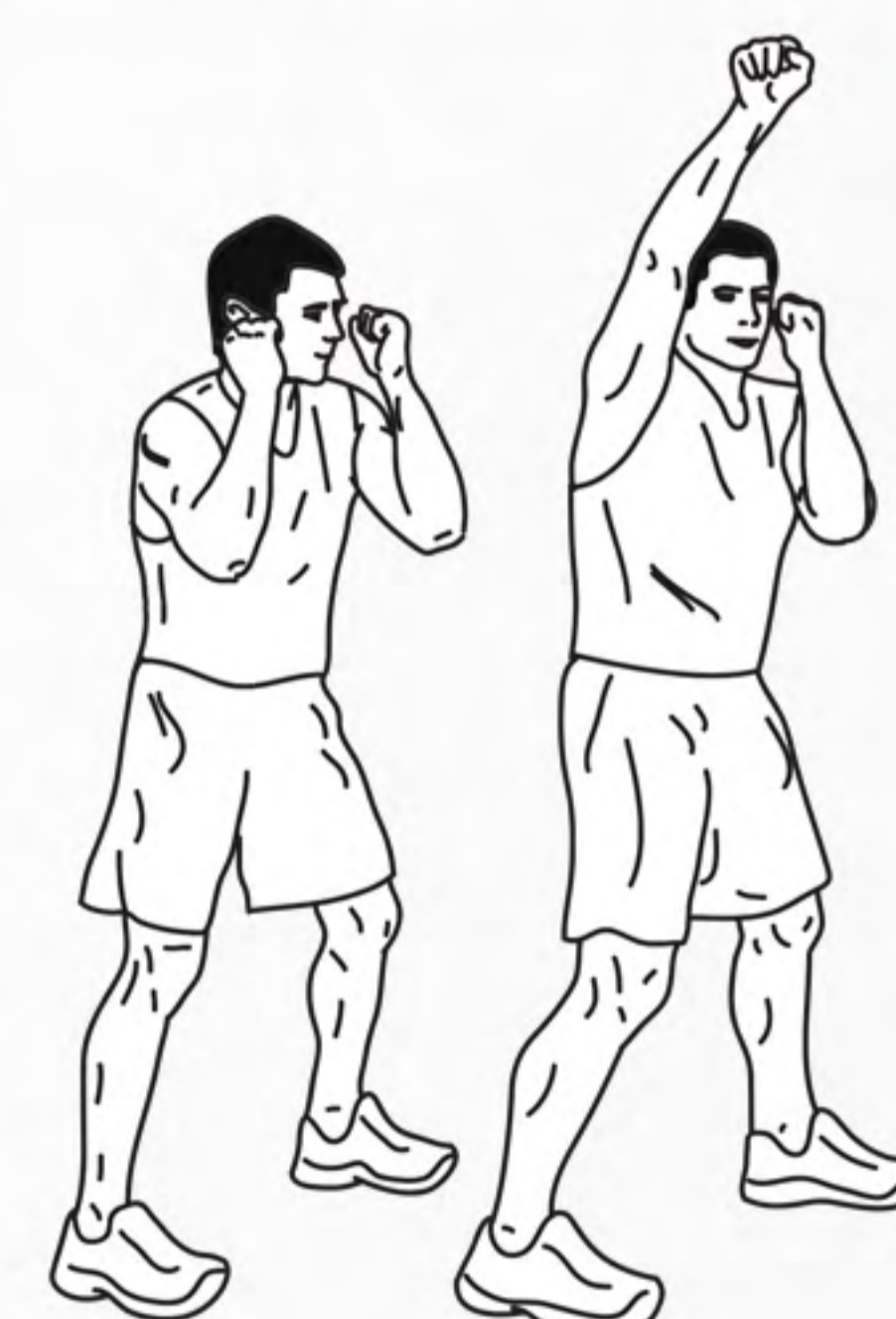
**20** punches



**6** cossack squats



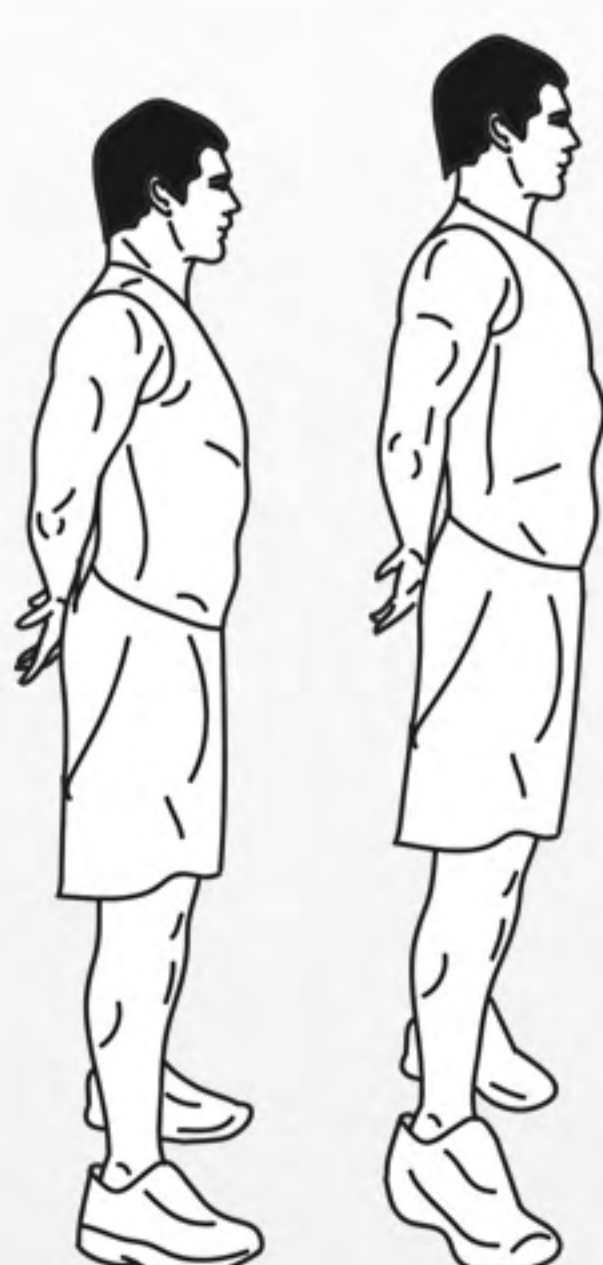
**6** calf raises



**20** overhead punches



**6** cossack squats



**6** calf raises



**20** squat hold punches