

ATLAS



Choose the difficulty level
& hold the atlas pose
every day for:

normal 1 minute
hard 2 minutes
brutal 4 minutes

30-DAY CHALLENGE © darebee.com

change legs halfway

1 Done!	2 Done!	3 Done!	4 Done!	5 Done!
6 Done!	7 Done!	8 Done!	9 Done!	10 Done!
11 Done!	12 Done!	13 Done!	14 Done!	15 Done!
16 Done!	17 Done!	18 Done!	19 Done!	20 Done!
21 Done!	22 Done!	23 Done!	24 Done!	25 Done!
26 Done!	27 Done!	28 Done!	29 Done!	30 Done!