Athena's PLAYBOOK

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Day 1 | Cardio
Level I  3 sets
Level II  5 sets
Level III  7 sets

2 minutes rest between sets

20 high knees
4 basic burpees
20 climbers

4 basic burpees
20 jumping jacks
4 basic burpees
Day 2 | Upper Body

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

2 minutes rest between sets

4 plank rotations
20 punches
4 plank rotations
20 punches
4 plank rotations
20 punches
done
Day 3
Lower Body

2 minutes rest between exercises

10 squats × 3 sets in total
20 seconds rest between sets

20 side kicks × 3 sets in total
20 seconds rest between sets

10 lunge step-ups × 3 sets in total
20 seconds rest between sets

20 side lunges × 3 sets in total
20 seconds rest between sets
Day 4 | Abs

no sets | keep the plank throughout the sequence

30sec elbow plank

30sec raised leg elbow plank
15 seconds per leg

30sec uneven plank
15 seconds per side

60sec side elbow plank
30 seconds per side
Day 5 | Cardio
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

20 jumping jacks
4 twists
20 jumping jacks
4 knee-to-elbows
20 jumping jacks
4 deadlift & twist
Day 6  |  Yoga

Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.
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Day 7
Upper Body
2 minutes rest between exercises

10 tricep dips x 3 sets in total
20 seconds rest between sets

40 punches x 3 sets in total
20 seconds rest between sets

10 elbow strikes x 3 sets in total
20 seconds rest between sets

40 backfists x 3 sets in total
20 seconds rest between sets
Day 8 | Lower Body

Level I  3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets

20 bridges
10 bridge taps
10 single leg bridges

20 push kicks
10 butterfly dips
10 V-extensions
Day 9 | Cardio

Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

20 high knees
2 basic burpees w / jump
20 high knees
2 basic burpees w / jump
20 high knees
2 basic burpees w / jump
20 high knees
2 basic burpees w / jump
done
Day 10 | Upper Body

Level I  3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets

6 shoulder taps  
20 punches  
6 shoulder taps  

20 backfists  
6 shoulder taps  
20 elbow strikes
Day 11
Lower Body
2 minutes rest between exercises

20 lunges x 3 sets in total
20 seconds rest between sets

20 wide squats x 3 sets in total
20 seconds rest between sets

20 side leg raises x 3 sets in total
20 seconds rest between sets

20 donkey kicks x 3 sets in total
20 seconds rest between sets
Day 12 | Abs
Level I  2 sets
Level II 3 sets
Level III 4 sets
2 minutes rest between sets

10 up and down planks

20 side bridges

20 side plank rotations
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Day 13 | Cardio
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

20 high knees
4 climbers
20 jumping jacks
4 plank jacks
20 butt-kicks
4 alt arm / leg raises
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Day 14 | Combat

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

2 minutes rest between sets

20combos jab + cross

20combos squat + jab + cross

20combos backfist + side kick

20combos squat + side kick
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Day 15 | Yoga

Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.
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Day 16 | Upper Body

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

2 minutes rest between sets

10-count plank hold
20 punches
10-count plank hold
20 punches
10-count plank hold
20 punches
10-count plank hold
20 punches
done
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Day 17
Lower Body
2 minutes rest between exercises

10 jumping lunges x 4 sets in total
2 sets left side / 2 sets right side
20 seconds rest between sets

10 split squats x 4 sets in total
2 sets left side / 2 sets right side
20 seconds rest between sets

20 back kicks x 4 sets in total
2 sets left side / 2 sets right side
20 seconds rest between sets

20 side leg lifts x 4 sets in total
2 sets left side / 2 sets right side
20 seconds rest between sets
Day 18 | Cardio
Level I  3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

20 jumping jacks  4 side lunges  20 jumping jacks

4 windmills  20 jumping jacks  20 raised arm circles
Day 19
Tendon Strength
2 minutes rest between exercises

40 push kicks x 2 sets in total
1 set left side / 1 set right side
20 seconds rest between sets

20 V-extensions x 2 sets in total
1 set left side / 1 set right side
20 seconds rest between sets

40 side leg raises x 2 sets in total
1 set left side / 1 set right side
20 seconds rest between sets

20 clamshells x 2 sets in total
1 set left side / 1 set right side
20 seconds rest between sets
Day 20 | Abs

no sets | keep the plank throughout the sequence

20 sec plank

40 sec one arm plank
20 seconds per arm

20 sec elbow plank

20 sec raised leg elbow plank
10 seconds per leg

40 sec elbow plank

40 sec side elbow plank
20 seconds per side
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Day 21 | Combat
Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest between sets

20combos knee strike + elbow strike

20combos squats + front kick

20combos turning kick + hook kick
Day 22
Upper Body
2 minutes rest between exercises

20 archers x 4 sets in total
20 seconds rest between sets

20 cross chops x 4 sets in total
20 seconds rest between sets

20 backfists x 4 sets in total
20 seconds rest between sets

5 minutes raised arm hold
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Day 23 | Yoga

Hold each pose for 20 seconds then move on to the next one. Repeat the sequence again on the other side.
Day 24 | Cardio

Level I  3 sets
Level II  5 sets
Level III  7 sets
2 minutes rest between sets

5 basic burpees w/ jump
10-count plank hold
5 basic burpees w/ jump
10-count plank hold
5 basic burpees w/ jump
10-count plank hold
done
Day 25
Lower Body
2 minutes rest between exercises

50 side leg raises x 4 sets in total
2 sets left leg / 2 sets right leg
20 seconds rest between sets

50 back leg raises x 4 sets in total
2 sets left leg / 2 sets right leg
20 seconds rest between sets

30 calf raises x 3 sets in total
20 seconds rest between sets
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Day 26  |  Abs
Level I  |  2 sets
Level II |  3 sets
Level III |  4 sets

2 minutes rest between sets

10 plank leg raises
10 plank side-step
10 plank knee-ins

10 side bridges
10 side plank rotations
10 side plank leg raises
Day 27 | Upper Body
Level I  3 sets
Level II  5 sets
Level III  7 sets
2 minutes rest between sets

Keep your arms up:

10 raised arm circles
20 punches
10 raised arm circles
20 punches
10 raised arm circles
20 punches
10 raised arm circles
20 punches
done
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Day 28  | Lower Body
Level I  3 sets
Level II 4 sets
Level III 5 sets
2 minutes rest between sets

20 single leg bridges
20 push kicks
10 half wipers
20 donkey kicks
20 side leg lifts
10 knee-in back kicks
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Day 29 | Cardio

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

2 minutes rest between sets

20 high knees
10 butt kicks
20 high knees

10 jumping jacks
20 half jacks
10 jumping jacks
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Day 30 | Combat

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

2 minutes rest between sets

**20combos** lunge punch + front kick

**20combos** jab + cross + turning kick

**20combos** squat + side kick + elbow strike
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