

OLYMPIAN

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 1** @ [darebee.com](http://darebee.com)



**20** butt kicks



**20** high knees



**20** butt kicks



**20** jumping jacks



**20** high knees



**20** jumping jacks



**20** high knees

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 2** © [darebee.com](http://darebee.com)



**20** squats



**5** push-ups



**20** squats



**20** calf raises



**5** push-ups



**20** calf raises



**5** push-ups

# OLYMPIAN

Part 1: Complete the sequence then repeat it on the other side.

**DAY 3** © [darebee.com](http://darebee.com)



**20** knee-ins



**40** swings



**20** alt arm / leg raises



**40** leg raises



**20** circles



**20-count** hold

**PART 2**



**40 SIDE LEG RAISES**  
**X 5 SETS IN TOTAL**  
**30 SEC REST BETWEEN SETS**

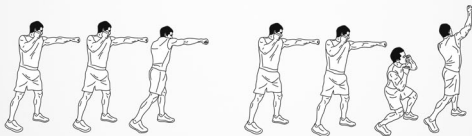
# OLYMPIAN

Complete the sequence then repeat it on the other side.

**DAY 4** © [darebee.com](http://darebee.com)

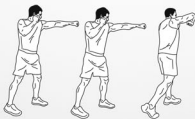


**4min** jab + cross



**2min** jab + jab + cross

**2min** jab + jab + uppercut



**2min** jab + jab + hook

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 5** @ [darebee.com](http://darebee.com)



**20** jumping jacks



**20** split jacks



**20** jumping jacks



**20** high knees



**20** jumping jacks



**20** high knees



**20** jumping jacks

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 6** © [darebee.com](http://darebee.com)



**20** lunges



**5** push-ups



**20** lunges



**5** push-ups



**20** shoulder taps



**5** push-ups



**20** side-to-side lunges

# OLYMPIAN

Part 1: **Level I** 3 sets **Level II** 4 sets **Level III** 5 sets **REST** 2 minutes rest

**DAY 7** @ [darebee.com](http://darebee.com)



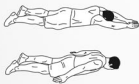
**20** sit-ups



**20** flutter kicks



**20** back extensions



**20** reverse angels



**20** W-extensions



**20** prone reverse fly

**PART 2**



**10 MINUTES  
MEDITATION**



# OLYMPIAN

Complete the sequence, rest up to 5 minutes then repeat it on the other side.

**DAY 8**

**© darebee.com**

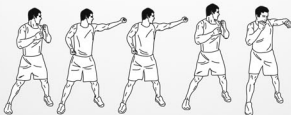


**4min** backfists



**2min** backfist + overhead punch

**2min** backfist + hook



**2min** double backfist + hook

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 9** @ [darebee.com](http://darebee.com)



**20** high knees



**20** seal jacks



**20** high knees



**20** jumping jacks



**20** high knees



**20** jumping jacks



**20** high knees

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 10** © [darebee.com](http://darebee.com)



**5** push-ups



**20** plank rotations



**5** push-ups



**20** squats



**5** push-ups



**20** squats



**5** up & down planks

# OLYMPIAN

Part 1: Hold each pose for 30 seconds. Keep your balance.  
Then repeat the sequence on the other side.

**DAY 11** © [darebee.com](http://darebee.com)



**PART 2**



40 BACK LEG RAISES  
X 5 SETS IN TOTAL  
30 SEC REST BETWEEN SETS

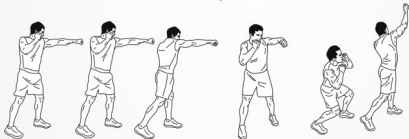
# OLYMPIAN

Complete the sequence, rest up to 5 minutes then repeat it on the other side.

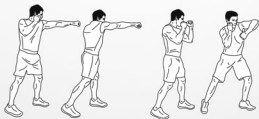
**DAY 12** © [darebee.com](http://darebee.com)



**4min** jab + cross



**3min** jab + jab + cross + hook + uppercut



**3min** jab + cross + elbow strike

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 13** @ [darebee.com](http://darebee.com)



**30** butt kicks



**30** jumping jacks



**30** butt kicks



**30** high knees



**30** jumping jacks



**30** high knees



**30** jumping jacks

# OLYMPIAN

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

**DAY 14** © [darebee.com](http://darebee.com)



**20** side lunges  
right side



**10** push-ups



**20** side lunges  
left side



**30** shoulder taps



**10** push-ups



**30** shoulder taps



**10-count** push-up plank hold

# OLYMPIAN

Part 1: **Level I** 3 sets **Level II** 4 sets **Level III** 5 sets **REST** 2 minutes rest

**DAY 15** © [darebee.com](http://darebee.com)



**20** leg raises



**20** raised leg circles



**20** flutter kicks



**10** superman extensions



**10-count** hold



**10** reverse flutter kicks

**PART 2**



**15 MINUTES  
MEDITATION**



# OLYMPIAN

Complete the sequence, rest up to 5 minutes then repeat it on the other side.

**DAY 16** © [darebee.com](http://darebee.com)

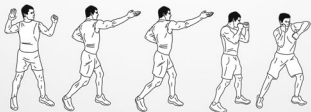


**4min** knife hand strike



**2min** backfist + knife hand strike

**2min** knife hand strike + elbow strike



**2min** double knife hand strike + elbow strike

# OLYMPIAN

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

**DAY 17** @ [darebee.com](http://darebee.com)



**30** high knees



**30** split jacks



**30** high knees



**30** split jacks



**30** jumping jacks



**30** split jacks



**30** high knees

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 18** © [darebee.com](http://darebee.com)



**10** push-ups



**30** squats



**10** push-ups



**30** calf raises



**10** push-ups



**30** calf raises



**10** push-ups

# OLYMPIAN

Part 1: Complete the sequence then repeat it on the other side.

**DAY 19** © [darebee.com](http://darebee.com)



**40** leg extensions



**40** side leg extensions



**20** knee to elbow extensions



**40** side leg raises



**40** raised leg kicks



**20-count** hold

**PART 2**



**30 FORWARD BENDS  
X 5 SETS IN TOTAL  
30 SEC REST BETWEEN SETS**

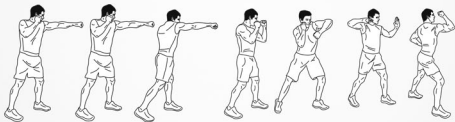
# OLYMPIAN

Complete the sequence, rest up to 5 minutes then repeat it on the other side.

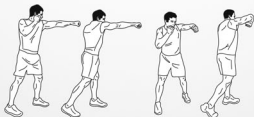
**DAY 20** © [darebee.com](http://darebee.com)



**5min** jab + cross



**3min** jab + jab + cross + elbow strike + upward elbow strike



**3min** jab + cross + hook + hook

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 21** @ [darebee.com](http://darebee.com)



**30** jumping jacks



**10** jump squats



**30** jumping jacks



**10** jumping lunges



**30** jumping jacks



**10** jumping lunges



**30** jumping jacks

# OLYMPIAN

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

**DAY 22** © [darebee.com](http://darebee.com)



**30** lunges



**30** side-to-side lunges



**30** lunges



**15** push-ups



**30** shoulder taps



**15** push-ups



**30** slow climbers

# OLYMPIAN

Part 1: **Level I** 3 sets **Level II** 4 sets **Level III** 5 sets **REST** 2 minutes rest

**DAY 23** © [darebee.com](http://darebee.com)



**30** flutter kicks



**30** scissors



**30** bridges



**30** back extensions



**30** reverse angels



**30** W-extensions

**PART 2**



**20 MINUTES  
MEDITATION**



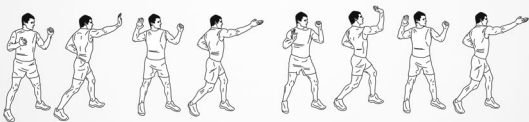
# OLYMPIAN

Complete the sequence, rest up to 5 minutes then repeat it on the other side.

**DAY 24** © [darebee.com](http://darebee.com)



**4min** palm strikes



**2min** palm strike + knife hand strike

**2min** upward palm strike  
+ knife hand strike



**2min** upward palm strike + double knife hand strike

# OLYMPIAN

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

**DAY 25** @ [darebee.com](http://darebee.com)



**40** high knees



**40** butt kicks



**40** high knees



**40** split jacks



**40** high knees



**40** split jacks



**40** high knees

# OLYMPIAN

**Level I** 3 sets **Level II** 5 sets **Level III** 7 sets **REST** 2 minutes rest

**DAY 26** © [darebee.com](http://darebee.com)



**10** plank walk-outs



**15** push-ups



**10** plank walk-outs



**30** squats



**15** push-ups



**30** squats



**10** up & down planks

# OLYMPIAN

Part 1: Hold each pose for 30 seconds.  
Then repeat the sequence on the other side.

**DAY 27** © [darebee.com](http://darebee.com)



PART 2

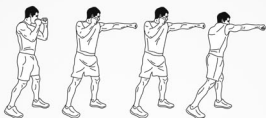


40 CALF RAISES  
X 5 SETS IN TOTAL  
30 SEC REST BETWEEN SETS

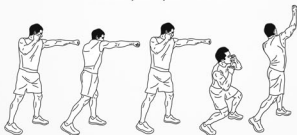
# OLYMPIAN

Complete the sequence, rest up to 5 minutes then repeat it on the other side.

**DAY 28** © [darebee.com](http://darebee.com)



**4min** jab + jab + cross



**3min** jab + cross + jab + uppercut



**3min** jab + jab + hook + uppercut