

Gravity Control

DAREBEE ISOMETRIC WORKOUT @ darebee.com

LEVEL I 10 seconds LEVEL II 20 seconds LEVEL III 30 seconds each

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



push-up plank



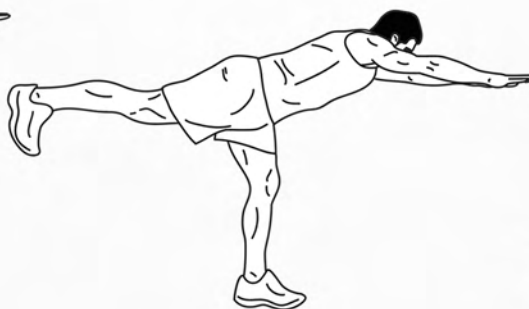
squat hold



calf raise hold



raised arms stand



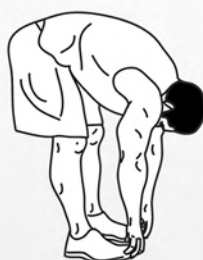
balance stand



one leg squat hold



half side splits



toe reach



side leg raise hold