

gravity *hold*

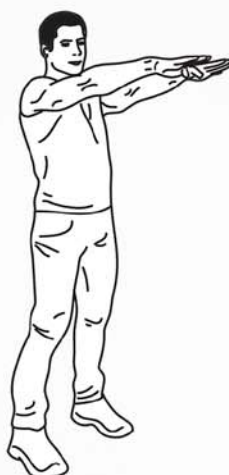
DAREBEE WORKOUT

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10 seconds hold each.
Change sides & repeat.



arms extended to sides



arms extended to the front



arms extended overhead



leg raised to the side



leg raised forward



single leg half squat