

gravity *hold II*

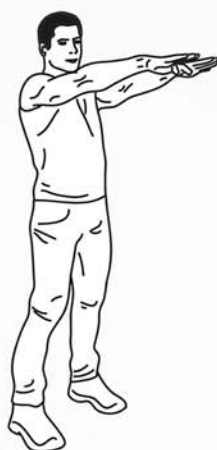
DAREBEE WORKOUT

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20 seconds hold each.
Change sides & repeat.



arms raised to the side



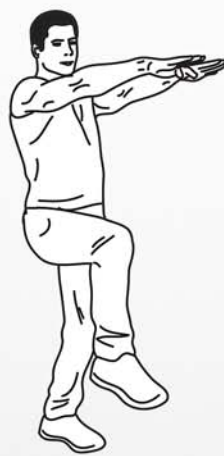
arms raised to the front



squat hold with arms raised



leg raised to the side



knee raised up



calf raise hold