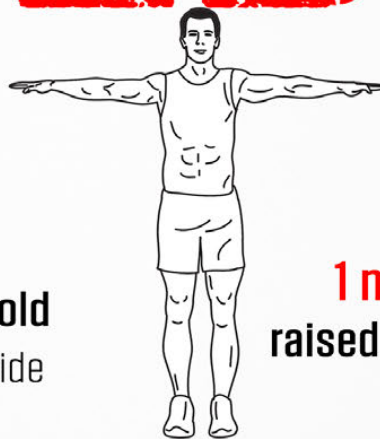


# THE GREAT HOLD

by DAREBEE © [darebee.com](http://darebee.com)



**1 minute**  
side leg raise hold  
30 seconds per side



**1 minute**  
raised arms hold



**1 minute**  
squat hold



**1 minute**  
hollow hold



**1 minute**  
bridge hold