

POWER HOLD WORKOUT

by DAREBEE

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hold each one
for 60 seconds

chair edition



arms extended forward



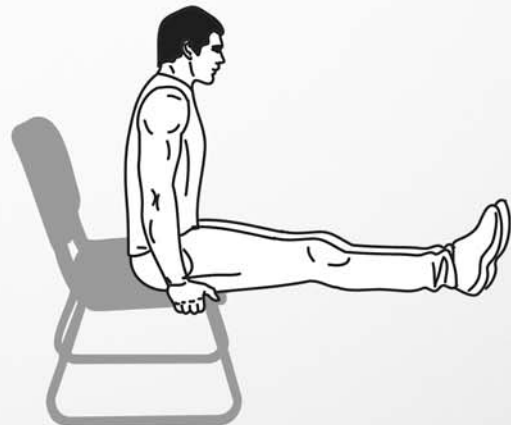
arms extended to sides



arms extended overhead



tricep dip hold



extended raised legs