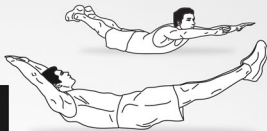


hollow hold

30-day challenge



© darebee.com

1 20 seconds hollow hold	2 20 seconds superman hold	3 25 seconds hollow hold	4 25 seconds superman hold	5 30 seconds hollow hold
6 30 seconds superman hold	7 35 seconds hollow hold	8 35 seconds superman hold	9 40 seconds hollow hold	10 40 seconds superman hold
11 45 seconds hollow hold	12 45 seconds superman hold	13 50 seconds hollow hold	14 50 seconds superman hold	15 55 seconds hollow hold
16 55 seconds superman hold	17 60 seconds hollow hold	18 60 seconds superman hold	19 1min 10sec hollow hold	20 1min 10sec superman hold
21 1min 20sec hollow hold	22 1min 20sec superman hold	23 1min 30sec hollow hold	24 1min 30sec superman hold	25 1min 40sec hollow hold
26 1min 40sec superman hold	27 1min 50sec hollow hold	28 1min 50sec superman hold	29 2 minutes hollow hold	30 2 minutes superman hold