

GRIDLOCK

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20sec squat hold



20sec side lunge hold



20sec reach down hold



10sec plank hold



10sec raised leg plank hold



10sec push-up hold



20sec bridge hold



20sec extended leg bridge hold



20sec low bridge hold