

# HOLLOW HOLD

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**20-count** hollow hold



**5** bridges



**20-count** hollow hold



**5** long arm crunches



**20-count** hollow hold



**5** long arm crunches



**5** back extensions