



# PUSH PULL LEGS

2 minute rest between sets  
2 minute rest between exercises

WORKOUT by

 [darebee.com](https://darebee.com)



**4 sets**  
**squats**  
10-12 reps



**4 sets**  
**reverse lunges**  
10-12 reps



**4 sets**  
**calf raises**  
12-16 reps



**4 sets** goblet squats  
10-12 reps



**4 sets** single leg deadlifts  
5-6 reps / per side