



PUSH

PULL

LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 darebee.com



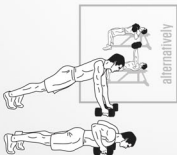
4 sets
shoulder press
6-10 reps



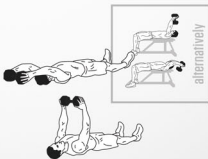
4 sets
overhead tricep extensions
5-7 reps / per arm



4 sets
tricep extensions
5-7 reps / per arm



4 sets push-ups
10-14 reps



4 sets pullovers
6-10 reps