



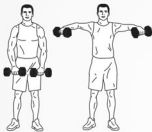
PUSH

PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 darebee.com



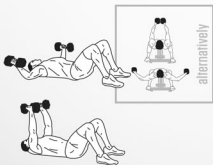
4 sets
lateral raises
6-10 reps



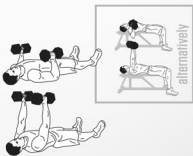
4 sets
bent over lateral raises
6-10 reps



4 sets
tricep kickbacks
6-10 reps



4 sets chest fly
8-10 reps



4 sets chest press
8-10 reps