



PUSH PULL LEGS

2 minute rest between sets
2 minute rest between exercises

WORKOUT by

 darebee.com



4 sets
bicep curls
8-12 reps



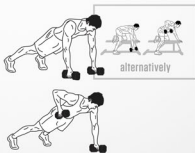
4 sets
bent over rows
8-10 reps



4 sets
upright rows
8-10 reps



4 sets shrugs
8-10 reps



4 sets renegade rows
6-8 reps / per arm