



# PUSH PULL LEGS

2 minute rest between sets  
2 minute rest between exercises

WORKOUT by

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



**4 sets**  
**lunge step-ups**  
10-12 reps



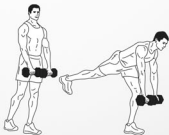
**4 sets**  
**side lunges**  
10-12 reps



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



**4 sets deadlifts**  
8-10 reps



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