



# PUSH PULL LEGS

2 minute rest between sets  
2 minute rest between exercises

WORKOUT by

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



**4 sets**  
**bicep curls**  
8-12 reps



**4 sets**  
**shrugs**  
8-10 reps



**4 sets**  
**hammer curls**  
10-12 reps



**4 sets**  
**bent over rows**  
8-10 reps



**4 sets**  
**upright rows**  
8-10 reps