

MUSCLE BUILDING AT-HOME WORKOUTS FOR MEN

BODYWEIGHT SPIDERMAN WORKOUT

1



Sets: 4
Reps: 12
Rest: 60 seconds

2



Sets: 4
Reps: 10
Rest: 60 seconds

3



Sets: 4
Reps: 12
Rest: 60 seconds

4



Sets: 4
Reps: 10
Rest: 60 seconds

5



Sets: 6
Reps: 10
Rest: 30 seconds

6



Sets: 6
Reps: 10
Rest: 30 seconds

Best Way To Home Workout Usa For Workers

Clifford Lane



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