

# 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 Creators

**O García**



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