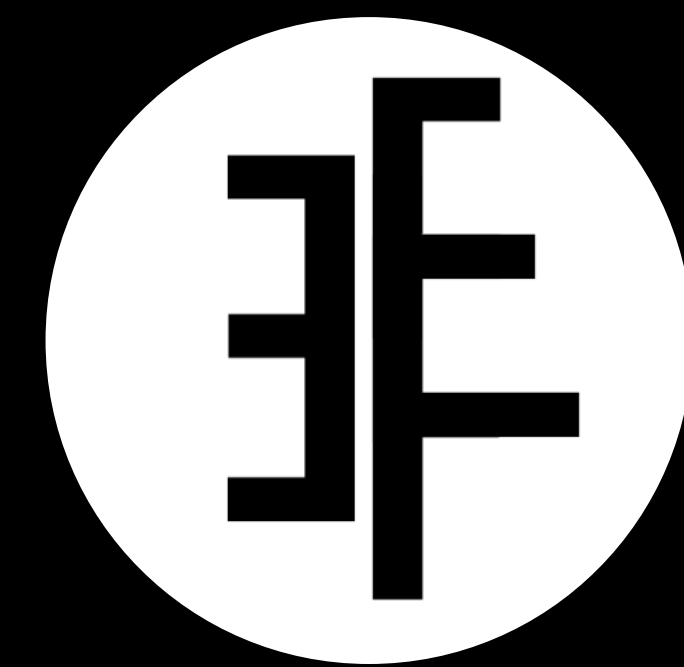


DUMBBELLS

20 Minute Starter



1	Legs	Chest Back	Arms	Core	REST	Legs	Chest Back
2	Arms	Core	REST	Legs	Chest Back	Arms	Core
3	REST	Legs	Chest Back	Arms	Core	REST	REST
4	Legs	Chest Back	Arms	Core	REST	Legs	Chest Back
5	Arms	Core	REST	Legs	Chest Back	Arms	Core
6	REST	Legs	Chest Back	Arms	Core	REST	REST