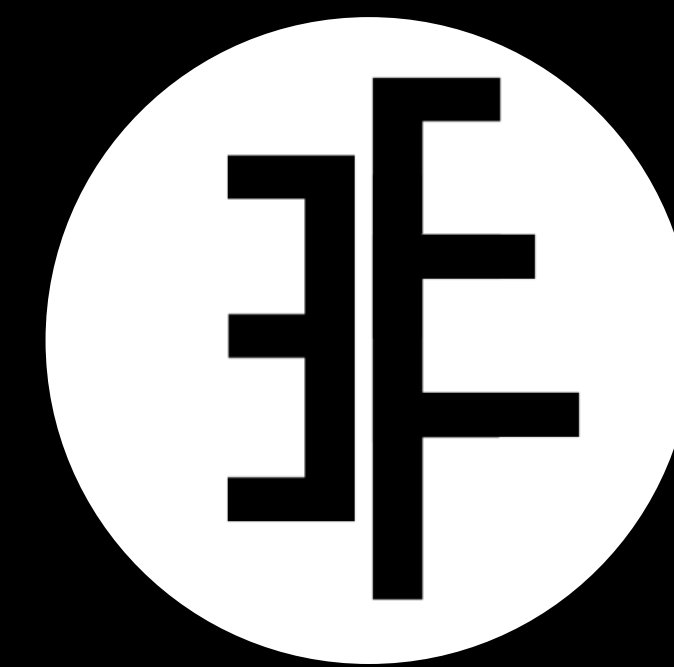


DUMBBELLS

20 Minute - Beginner (PPL)



1	Push B1	Pull B1	Legs Shoulders B1	Push B2	Pull B2	Legs Shoulders B2	Rest OR Core
2	Push B1	Pull B1	Legs Shoulders B1	Push B2	Pull B2	Legs Shoulders B2	Rest OR Core
3	Push B1	Pull B1	Legs Shoulders B1	Push B2	Pull B2	Legs Shoulders B2	Rest OR Core
4	Push B1	Pull B1	Legs Shoulders B1	Push B2	Pull B2	Legs Shoulders B2	Rest OR Core
5	Push B1	Pull B1	Legs Shoulders B1	Push B2	Pull B2	Legs Shoulders B2	Rest OR Core
6	Push B1	Pull B1	Legs Shoulders B1	Push B2	Pull B2	Legs Shoulders B2	Rest OR Core