

RESISTANCE BANDS



Beginner - Weekend Warrior

1	Full Body	Core	Rest	Legs	Chest/Back	Arms	Rest
2	Full Body	Core	Rest	Legs	Chest/Back	Arms	Rest
3	Full Body	Core	Rest	Legs	Chest/Back	Arms	Rest
4	Full Body	Core	Rest	Legs	Chest/Back	Arms	Rest
5	Full Body	Core	Rest	Legs	Chest/Back	Arms	Rest
6	Full Body	Core	Rest	Legs	Chest/Back	Arms	Rest