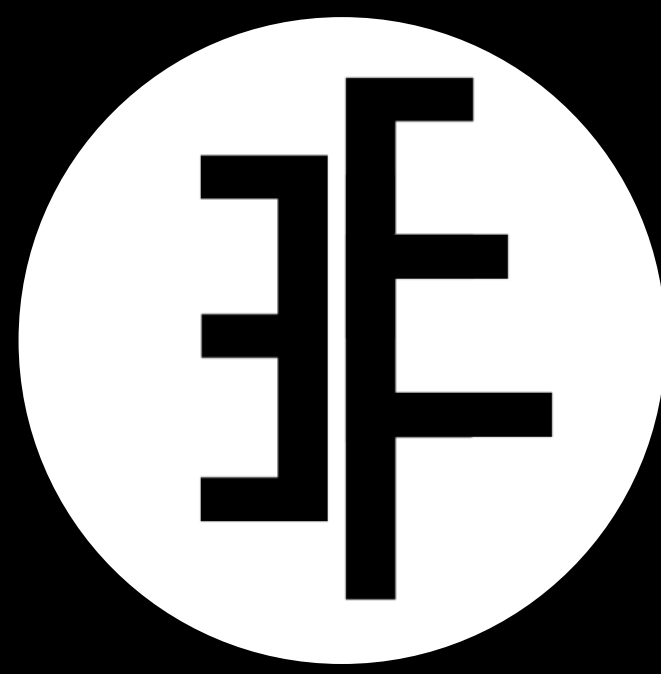


RESISTANCE BANDS



20 Minute - Intermediate

1	Legs	Chest Back	Arms	Core Intermediate	Rest	Legs	Chest Back
2	Arms	Core Intermediate	Rest	Legs	Chest Back	Arms	Core Intermediate
3	Rest	Legs	Chest Back	Arms	Core Intermediate	Rest	Rest
4	Legs	Chest Back	Arms	Core Intermediate	Rest	Legs	Chest Back
5	Arms	Core Intermediate	Rest	Legs	Chest Back	Arms	Core Intermediate
6	Rest	Legs	Chest Back	Arms	Core Intermediate	Rest	Rest