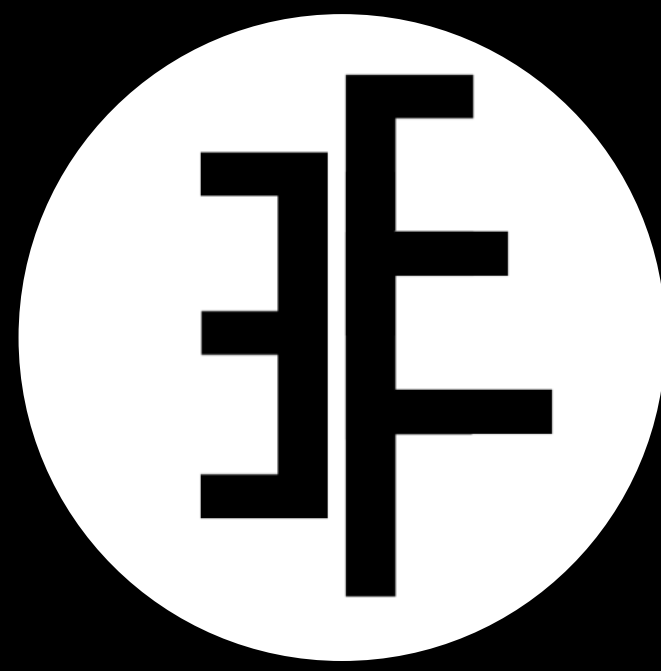


# RESISTANCE BANDS



## Intermediate - Push/Pull/Legs

1	Push	Pull	Legs	Push	Pull	Legs	Rest
2	Push	Pull	Legs	Push	Pull	Legs	Rest
3	Push	Pull	Legs	Push	Pull	Legs	Rest
4	Push	Pull	Legs	Push	Pull	Legs	Rest
5	Push	Pull	Legs	Push	Pull	Legs	Rest
6	Push	Pull	Legs	Push	Pull	Legs	Rest