

RESISTANCE BANDS



Beginner - Full Body

1	Full Body Beginner	Stretch Post Workout	Rest	Full Body Beginner	Stretch Post Workout	Core Beginner 1	Rest
2	Full Body Beginner	Stretch Post Workout	Rest	Full Body Beginner	Stretch Post Workout	Core Beginner 1	Rest
3	Full Body Beginner	Stretch Post Workout	Rest	Full Body Beginner	Stretch Post Workout	Core Beginner 1	Rest
4	Full Body Beginner	Stretch Post Workout	Rest	Full Body Beginner	Stretch Post Workout	Core Beginner 1	Rest
5	Full Body Beginner	Stretch Post Workout	Rest	Full Body Beginner	Stretch Post Workout	Core Beginner 1	Rest
6	Full Body Beginner	Stretch Post Workout	Rest	Full Body Beginner	Stretch Post Workout	Core Beginner 1	Rest