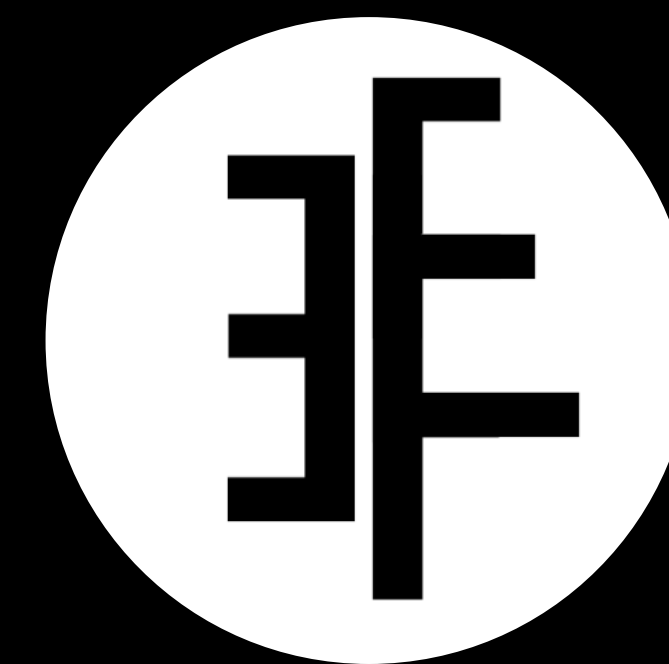


# DUMBBELLS

## 20 Minute - Intermediate



1	2.1 Legs	2.2 Chest/Back	2.3 Arms	2.4 Legs	2.5 Chest/Back	2.6 Arms	Rest <b>OR</b> Core
2	2.1 Legs	2.2 Chest/Back	2.3 Arms	2.4 Legs	2.5 Chest/Back	2.6 Arms	Rest <b>OR</b> Core
3	2.1 Legs	2.2 Chest/Back	2.3 Arms	2.4 Legs	2.5 Chest/Back	2.6 Arms	Rest <b>OR</b> Core
4	2.1 Legs	2.2 Chest/Back	2.3 Arms	2.4 Legs	2.5 Chest/Back	2.6 Arms	Rest <b>OR</b> Core
5	2.1 Legs	2.2 Chest/Back	2.3 Arms	2.4 Legs	2.5 Chest/Back	2.6 Arms	Rest <b>OR</b> Core
6	2.1 Legs	2.2 Chest/Back	2.3 Arms	2.4 Legs	2.5 Chest/Back	2.6 Arms	Rest <b>OR</b> Core