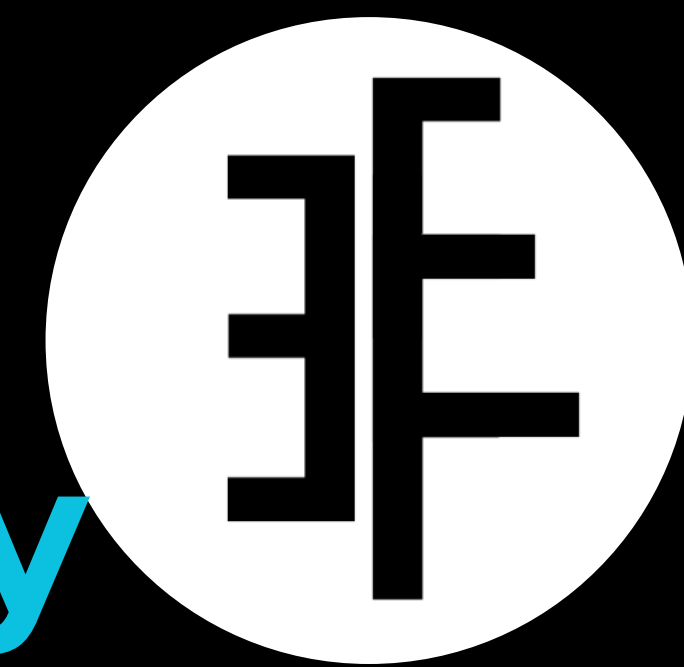


DUMBBELLS

Beginner/Intermediate - Full Body



1	Full Body Day 1	Rest	Full Body Day 2	Rest	Full Body Day 3	Stretches Post Workout	Rest
2	Full Body Day 1	Rest	Full Body Day 2	Rest	Full Body Day 3	Stretches Post Workout	Rest
3	Full Body Day 1	Rest	Full Body Day 2	Rest	Full Body Day 3	Stretches Post Workout	Rest
4	Full Body Day 1	Rest	Full Body Day 2	Rest	Full Body Day 3	Stretches Post Workout	Rest
5	Full Body Day 1	Rest	Full Body Day 2	Rest	Full Body Day 3	Stretches Post Workout	Rest
6	Full Body Day 1	Rest	Full Body Day 2	Rest	Full Body Day 3	Stretches Post Workout	Rest