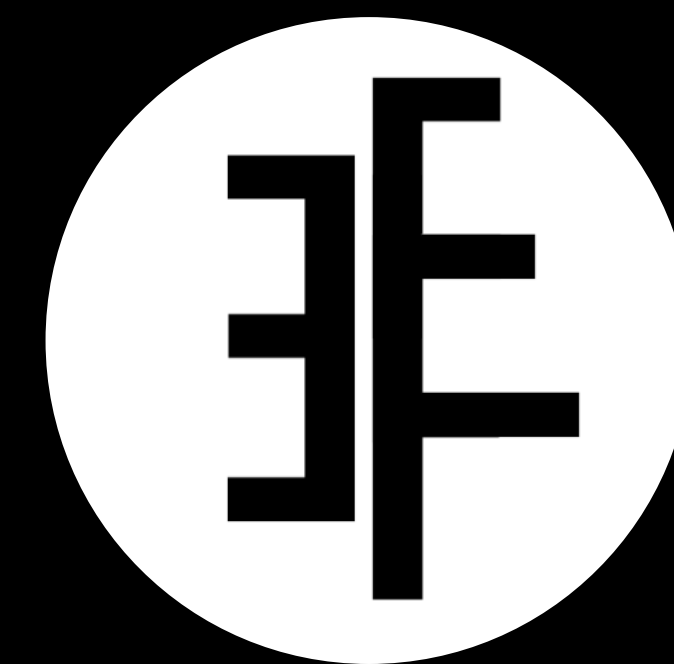


# DUMBBELLS

## Beginner - Full Body (STARTER)



<b>1</b>	DB FB STARTER Part 1	Stretching Post-Workout	Rest	DB FB STARTER Part 1	Stretching Recovery	Rest	Rest
<b>2</b>	DB FB STARTER Part 1	Stretching Post-Workout	Rest	DB FB STARTER Part 1	Stretching Recovery	Rest	Rest
<b>3</b>	DB FB STARTER Part 1	Stretching Post-Workout	Rest	DB FB STARTER Part 1	Stretching Recovery	Rest	Rest
<b>4</b>	DB FB STARTER Part 2	Rest	DB FB STARTER Part 2	Rest	DB FB STARTER Part 2	Rest	Stretching Post-Workout
<b>5</b>	DB FB STARTER Part 2	Rest	DB FB STARTER Part 2	Rest	DB FB STARTER Part 2	Rest	Stretching Post-Workout
<b>6</b>	DB FB STARTER Part 2	Rest	DB FB STARTER Part 2	Rest	DB FB STARTER Part 2	Rest	Stretching Post-Workout