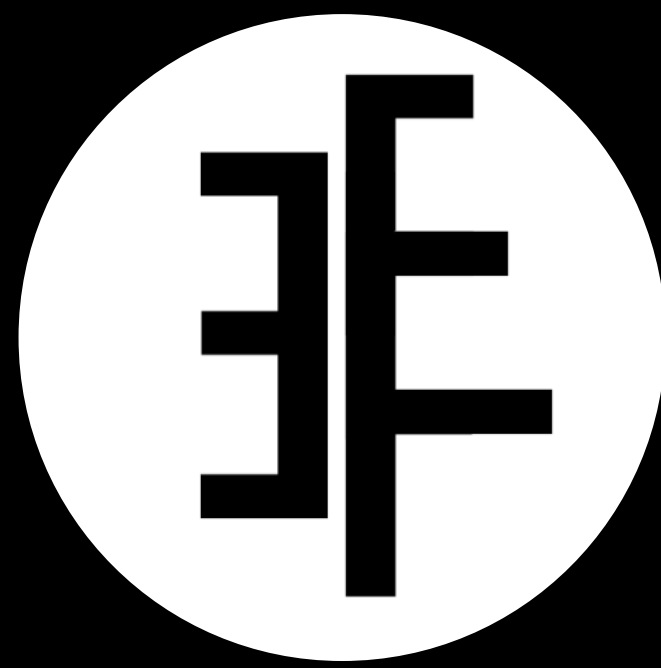


SUSPENSION TRAINER



Advanced PLUS - Full Body

1	Full Body #1	Core Advanced 2	Rest	Full Body #2	Core Advanced 2	Full Body Stretch	Rest
2	Full Body #1	Core Advanced 2	Rest	Full Body #2	Core Advanced 2	Full Body Stretch	Rest
3	Full Body #1	Core Advanced 2	Rest	Full Body #2	Core Advanced 2	Full Body Stretch	Rest
4	Full Body #1	Core Advanced 2	Rest	Full Body #2	Core Advanced 2	Full Body Stretch	Rest
5	Full Body #1	Core Advanced 2	Rest	Full Body #2	Core Advanced 2	Full Body Stretch	Rest
6	Full Body #1	Core Advanced 2	Rest	Full Body #2	Core Advanced 2	Full Body Stretch	Rest