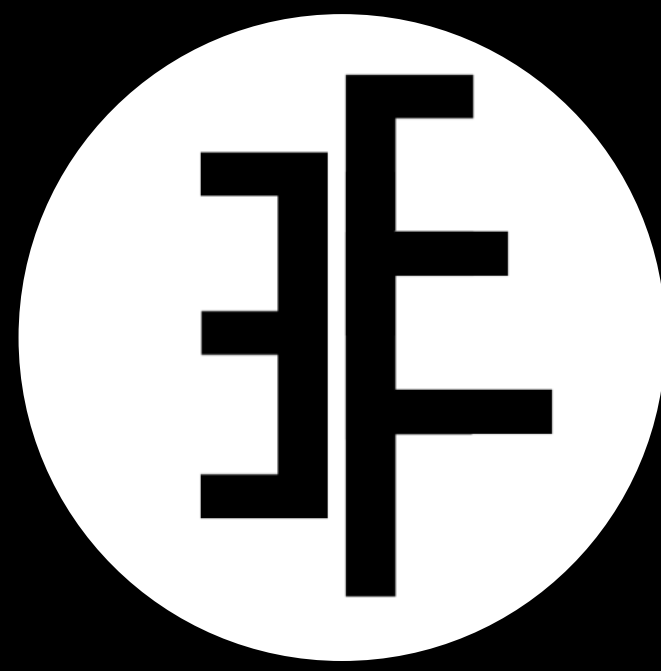


SUSPENSION TRAINER



Intermediate - Full Body

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