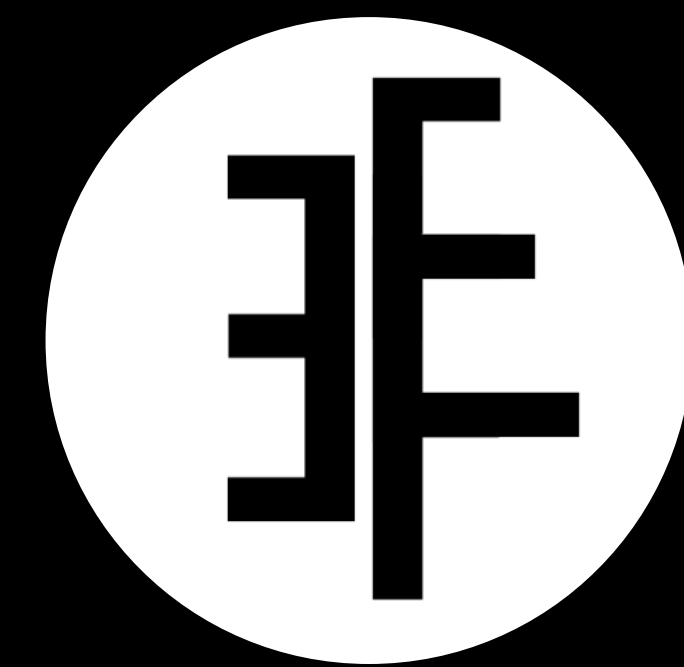


# DUMBBELLS

## 20 Minute - Advanced



<b>1</b>	4.1 Legs	4.2 Chest/Back	4.3 Arms	4.4 Legs	4.5 Chest/Back	4.6 Arms	Rest <b>OR</b> Core Adv 1
<b>2</b>	4.1 Legs	4.2 Chest/Back	4.3 Arms	4.4 Legs	4.5 Chest/Back	4.6 Arms	Rest <b>OR</b> Core Adv 2
<b>3</b>	4.1 Legs	4.2 Chest/Back	4.3 Arms	4.4 Legs	4.5 Chest/Back	4.6 Arms	Rest <b>OR</b> Core Adv 1
<b>4</b>	4.1 Legs	4.2 Chest/Back	4.3 Arms	4.4 Legs	4.5 Chest/Back	4.6 Arms	Rest <b>OR</b> Core Adv 2
<b>5</b>	4.1 Legs	4.2 Chest/Back	4.3 Arms	4.4 Legs	4.5 Chest/Back	4.6 Arms	Rest <b>OR</b> Core Adv 1
<b>6</b>	4.1 Legs	4.2 Chest/Back	4.3 Arms	4.4 Legs	4.5 Chest/Back	4.6 Arms	Rest <b>OR</b> Core Adv 2