

DUMBBELLS



Advanced - Dumbbell Daddy V2

1	Chest & Triceps	Legs & Core	Back & Biceps	Shoulders & Forearms	REST	Chest & Triceps	Legs & Core
2	Back & Biceps	Shoulders & Forearms	REST	Chest & Triceps	Legs & Core	Back & Biceps	Shoulders & Forearms
3	REST	Chest & Triceps	Legs & Core	Back & Biceps	Shoulders & Forearms	REST	REST
4	Chest & Triceps	Legs & Core	Back & Biceps	Shoulders & Forearms	REST	Chest & Triceps	Legs & Core
5	Back & Biceps	Shoulders & Forearms	REST	Chest & Triceps	Legs & Core	Back & Biceps	Shoulders & Forearms
6	REST	Chest & Triceps	Legs & Core	Back & Biceps	Shoulders & Forearms	REST	REST