

DUMBBELLS



20 Minute - Intermediate (PPL)

1	Push I1	Pull I1	Legs I1	Push I2	Pull I2	Legs I2	Rest OR Core
2	Push I1	Pull I1	Legs I1	Push I2	Pull I2	Legs I2	Rest OR Core
3	Push I1	Pull I1	Legs I1	Push I2	Pull I2	Legs I2	Rest OR Core
4	Push I1	Pull I1	Legs I1	Push I2	Pull I2	Legs I2	Rest OR Core
5	Push I1	Pull I1	Legs I1	Push I2	Pull I2	Legs I2	Rest OR Core
6	Push I1	Pull I1	Legs I1	Push I2	Pull I2	Legs I2	Rest OR Core