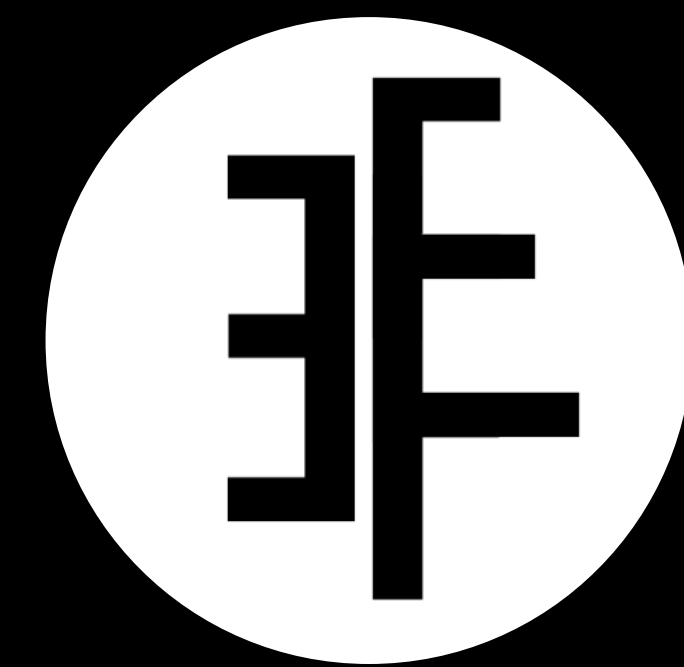


# DUMBBELLS

## 20 Minute - Advanced



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