

DUMBBELL



Intermediate - Weekend Warrior

1	Full Body Workout	Core Intermediate 3	REST	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	REST
2	Full Body Workout	Core Intermediate 3	REST	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	REST
3	Full Body Workout	Core Intermediate 3	REST	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	REST
4	Full Body Workout	Core Intermediate 3	REST	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	REST
5	Full Body Workout	Core Intermediate 3	REST	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	REST
6	Full Body Workout	Core Intermediate 3	REST	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	REST