

RESISTANCE BANDS



Beginner - Weekend Warrior

1	Full Body	Core	REST	Legs	Chest/Back	Arms	REST
2	Full Body	Core	REST	Legs	Chest/Back	Arms	REST
3	Full Body	Core	REST	Legs	Chest/Back	Arms	REST
4	Full Body	Core	REST	Legs	Chest/Back	Arms	REST
5	Full Body	Core	REST	Legs	Chest/Back	Arms	REST
6	Full Body	Core	REST	Legs	Chest/Back	Arms	REST