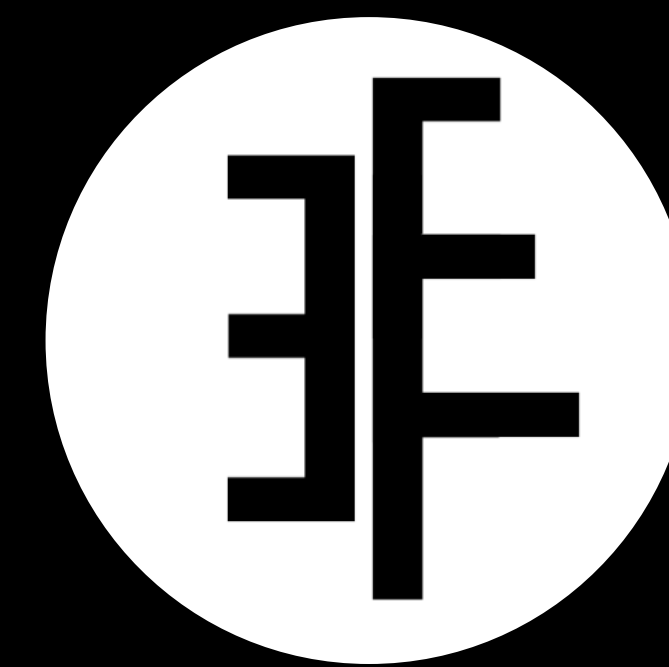


DUMBBELLS

Intermediate - Upper/Lower Split



1	Upperbody Day 1	Lowerbody Day 1	REST	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	REST
2	Upperbody Day 1	Lowerbody Day 1	REST	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	REST
3	Upperbody Day 1	Lowerbody Day 1	REST	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	REST
4	Upperbody Day 1	Lowerbody Day 1	REST	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	REST
5	Upperbody Day 1	Lowerbody Day 1	REST	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	REST
6	Upperbody Day 1	Lowerbody Day 1	REST	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	REST