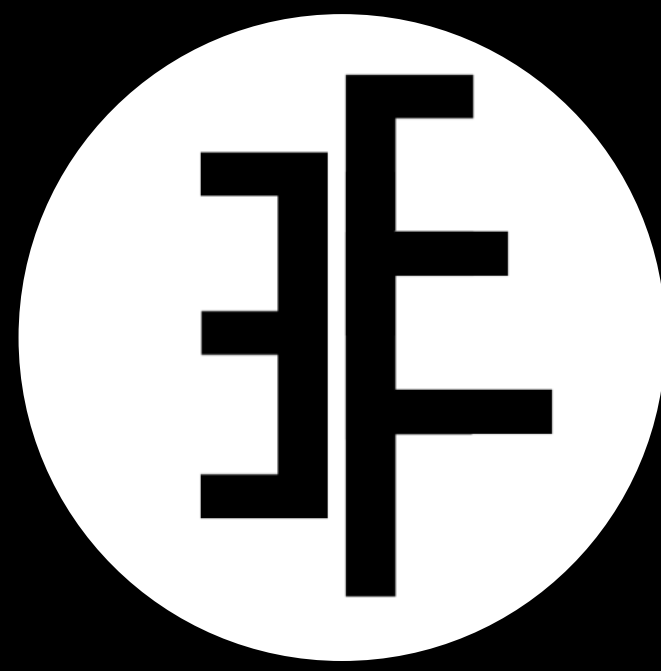


SUSPENSION TRAINER



Beginner - Full Body

1	Full Body Day 1	Full Body Stretch	Rest	Core Beginner	Full Body Day 2	Full Body Stretch	Rest
2	Full Body Day 1	Full Body Stretch	Rest	Core Beginner	Full Body Day 2	Full Body Stretch	Rest
3	Full Body Day 1	Full Body Stretch	Rest	Core Beginner	Full Body Day 2	Full Body Stretch	Rest
4	Full Body Day 1	Full Body Stretch	Rest	Core Beginner	Full Body Day 2	Full Body Stretch	Rest
5	Full Body Day 1	Full Body Stretch	Rest	Core Beginner	Full Body Day 2	Full Body Stretch	Rest
6	Full Body Day 1	Full Body Stretch	Rest	Core Beginner	Full Body Day 2	Full Body Stretch	Rest