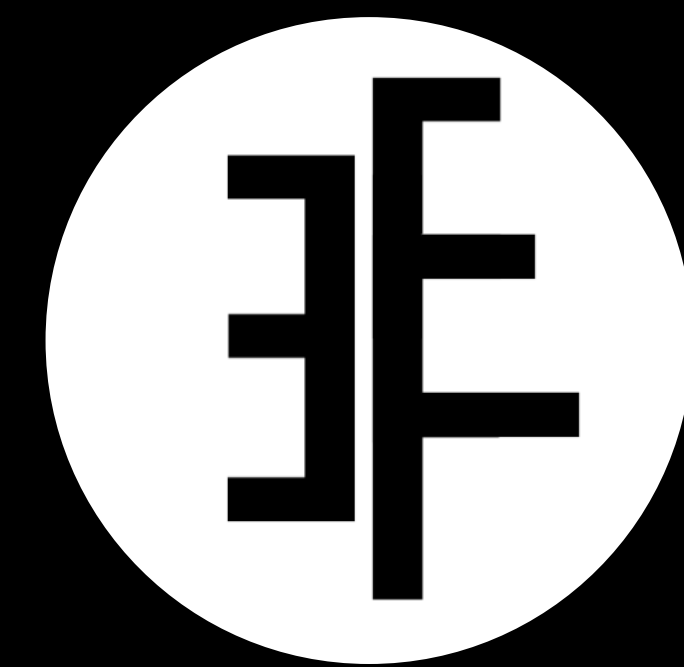


# DUMBBELLS



## Push/Pull/Legs 4 Day Rotation

1	Push Day	Pull Day	Leg Day	REST	Push Day	Pull Day	Leg Day
2	REST	Push Day	Pull Day	Leg Day	REST	Push Day	Pull Day
3	Leg Day	REST	Push Day	Pull Day	Leg Day	REST	REST
4	Push Day	Pull Day	Leg Day	REST	Push Day	Pull Day	Leg Day
5	REST	Push Day	Pull Day	Leg Day	REST	Push Day	Pull Day
6	Leg Day	REST	Push Day	Pull Day	Leg Day	REST	REST