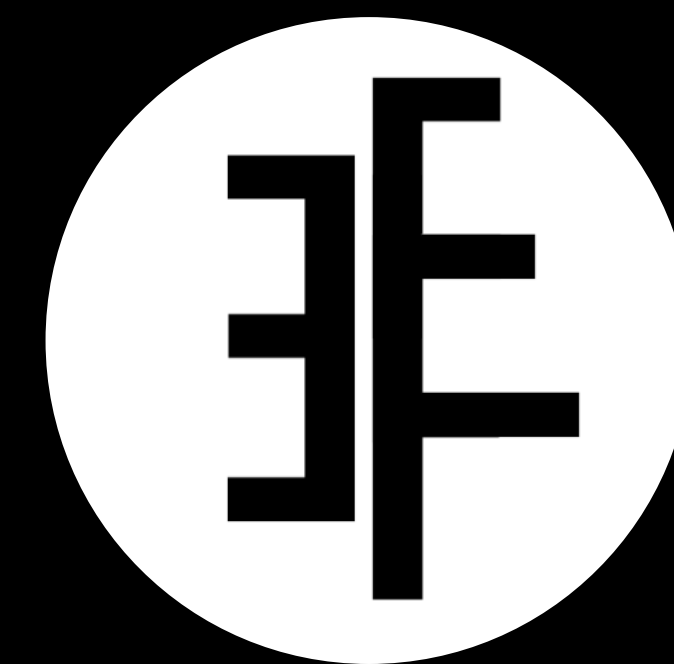


# SUSPENSION TR.

## 20 Minute Intermediate



|   |      |            |      |      |            |      |                    |
|---|------|------------|------|------|------------|------|--------------------|
| 1 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest<br>OR<br>Core |
| 2 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest<br>OR<br>Core |
| 3 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest<br>OR<br>Core |
| 4 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest<br>OR<br>Core |
| 5 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest<br>OR<br>Core |
| 6 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest<br>OR<br>Core |