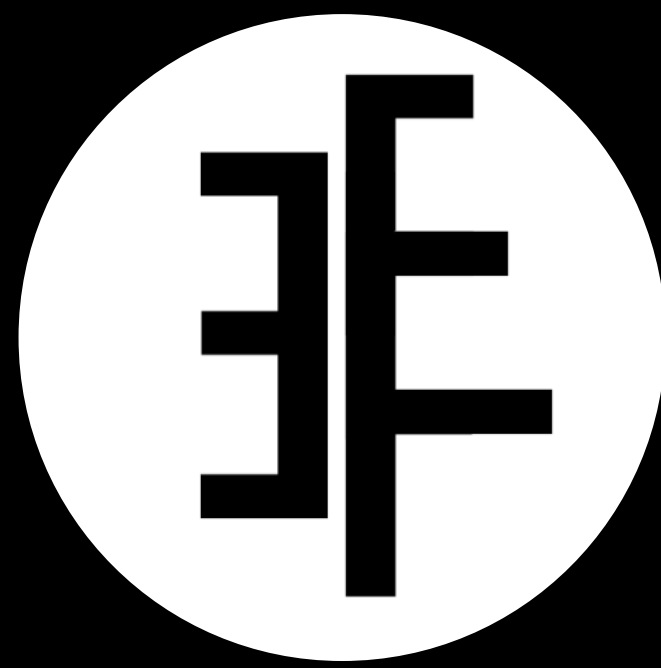


SUSPENSION TRAINER



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