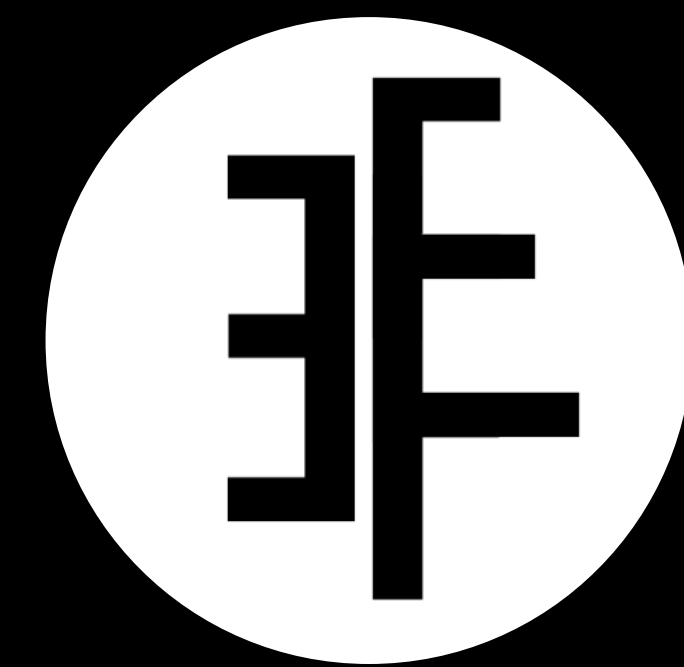


# DUMBBELLS

## Intermediate - Push/Pull/Legs



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