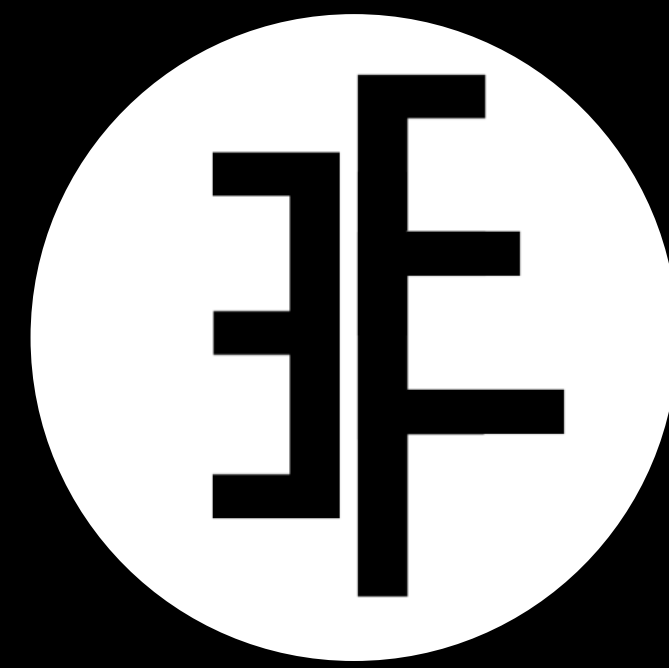


DUMBBELLS

Beginner - Full Body (STARTER)



1	DB FB STARTER Part 1	Stretching Post-Workout	REST	DB FB STARTER Part 1	Stretching Recovery	REST	REST
2	DB FB STARTER Part 1	Stretching Post-Workout	REST	DB FB STARTER Part 1	Stretching Recovery	REST	REST
3	DB FB STARTER Part 1	Stretching Post-Workout	REST	DB FB STARTER Part 1	Stretching Recovery	REST	REST
4	DB FB STARTER Part 2	REST	DB FB STARTER Part 2	REST	DB FB STARTER Part 2	REST	Stretching Post-Workout
5	DB FB STARTER Part 2	REST	DB FB STARTER Part 2	REST	DB FB STARTER Part 2	REST	Stretching Post-Workout
6	DB FB STARTER Part 2	REST	DB FB STARTER Part 2	REST	DB FB STARTER Part 2	REST	Stretching Post-Workout