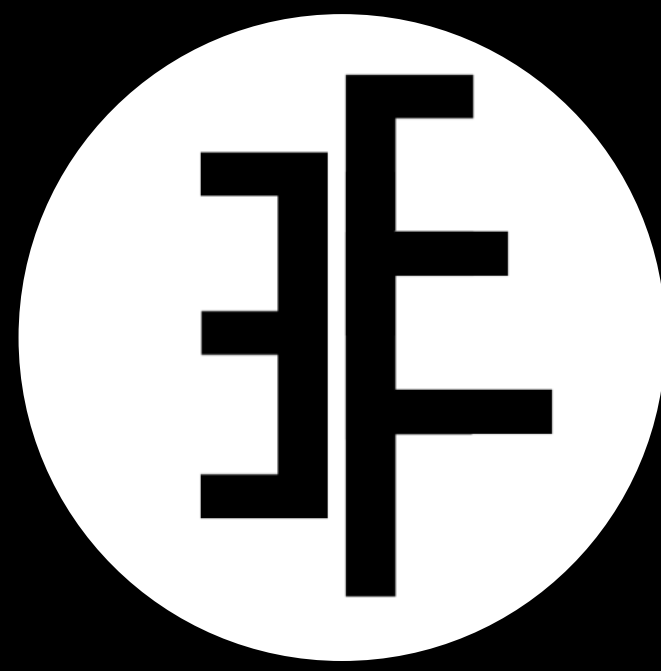


RESISTANCE BANDS



20 Minute Starter

1	Legs	Chest Back	Arms	Core Beginner	Rest	Legs	Chest Back
2	Arms	Core Beginner	Rest	Legs	Chest Back	Arms	Core Beginner
3	Rest	Legs	Chest Back	Arms	Core Beginner	Rest	Rest
4	Legs	Chest Back	Arms	Core Beginner	Rest	Legs	Chest Back
5	Arms	Core Beginner	Rest	Legs	Chest Back	Arms	Core Beginner
6	Rest	Legs	Chest Back	Arms	Core Beginner	Rest	Rest