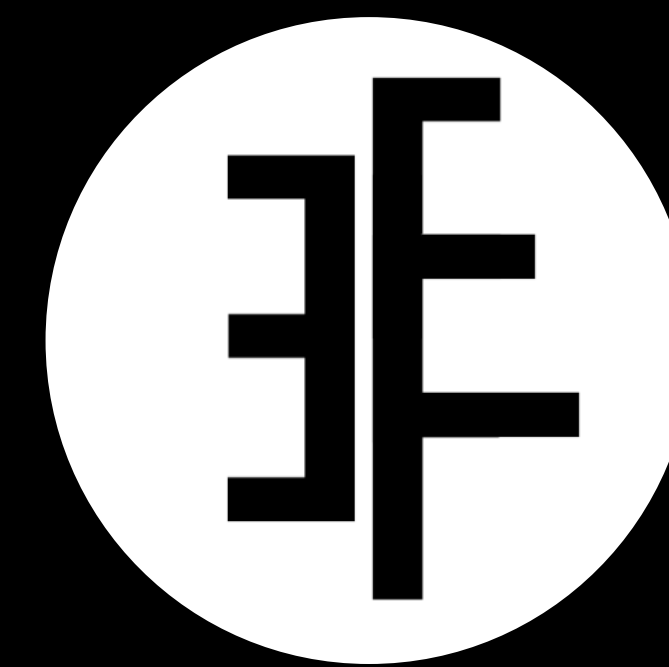


DUMBBELLS

20 Minute - Intermediate+



1	3.1 Legs	3.2 Chest/Back	3.3 Arms	3.4 Legs	3.5 Chest/Back	3.6 Arms	Rest OR Core
2	3.1 Legs	3.2 Chest/Back	3.3 Arms	3.4 Legs	3.5 Chest/Back	3.6 Arms	Rest OR Core
3	3.1 Legs	3.2 Chest/Back	3.3 Arms	3.4 Legs	3.5 Chest/Back	3.6 Arms	Rest OR Core
4	3.1 Legs	3.2 Chest/Back	3.3 Arms	3.4 Legs	3.5 Chest/Back	3.6 Arms	Rest OR Core
5	3.1 Legs	3.2 Chest/Back	3.3 Arms	3.4 Legs	3.5 Chest/Back	3.6 Arms	Rest OR Core
6	3.1 Legs	3.2 Chest/Back	3.3 Arms	3.4 Legs	3.5 Chest/Back	3.6 Arms	Rest OR Core