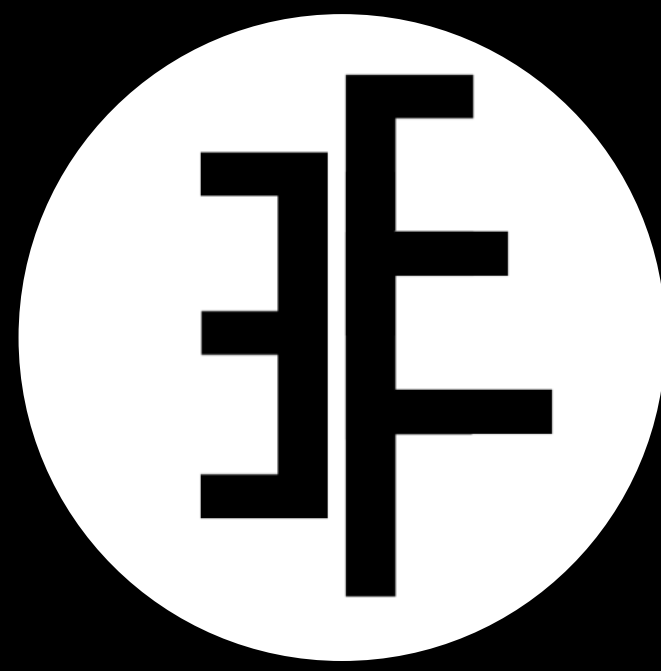


RESISTANCE BANDS



Intermediate - Push/Pull/Legs

1	Push	Pull	Legs	Push	Pull	Legs	REST
2	Push	Pull	Legs	Push	Pull	Legs	REST
3	Push	Pull	Legs	Push	Pull	Legs	REST
4	Push	Pull	Legs	Push	Pull	Legs	REST
5	Push	Pull	Legs	Push	Pull	Legs	REST
6	Push	Pull	Legs	Push	Pull	Legs	REST