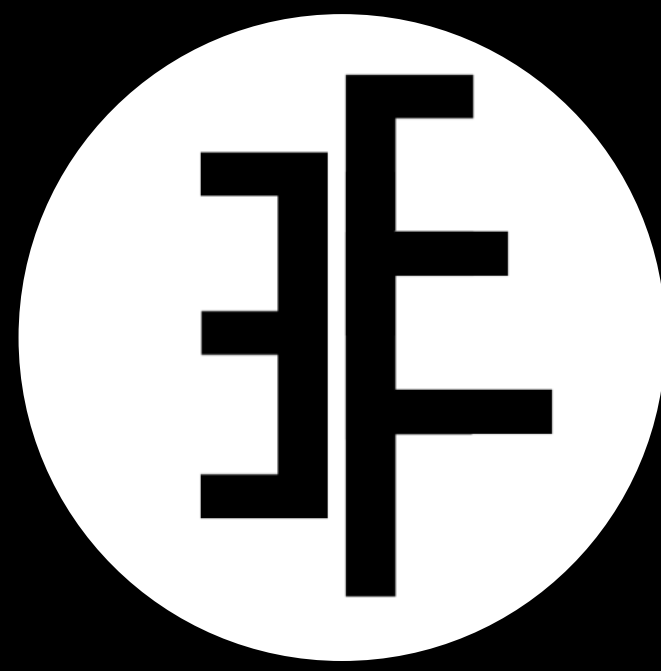


# RESISTANCE BANDS



## 20 Minute - Intermediate

1	Legs	Chest Back	Arms	Core Intermediate	REST	Legs	Chest Back
2	Arms	Core Intermediate	REST	Legs	Chest Back	Arms	Core Intermediate
3	REST	Legs	Chest Back	Arms	Core Intermediate	REST	REST
4	Legs	Chest Back	Arms	Core Intermediate	REST	Legs	Chest Back
5	Arms	Core Intermediate	REST	Legs	Chest Back	Arms	Core Intermediate
6	REST	Legs	Chest Back	Arms	Core Intermediate	REST	REST