

# RESISTANCE BANDS



## Intermediate - Full Body

1	Full Body Day 1	Core Intermediate 1	Rest	Full Body Day 2	Core Intermediate 3	Stretch Post Workout	Rest
2	Full Body Day 1	Core Intermediate 1	Rest	Full Body Day 2	Core Intermediate 3	Stretch Post Workout	Rest
3	Full Body Day 1	Core Intermediate 1	Rest	Full Body Day 2	Core Intermediate 3	Stretch Post Workout	Rest
4	Full Body Day 1	Core Intermediate 1	Rest	Full Body Day 2	Core Intermediate 3	Stretch Post Workout	Rest
5	Full Body Day 1	Core Intermediate 1	Rest	Full Body Day 2	Core Intermediate 3	Stretch Post Workout	Rest
6	Full Body Day 1	Core Intermediate 1	Rest	Full Body Day 2	Core Intermediate 3	Stretch Post Workout	Rest