

# DUMBBELLS



## Advanced - Muscle Mommy U/L

1	Lowerbody Day 1	Upperbody Day 1	REST	Lowerbody Day 2	Upperbody Day 2	DB Core Intermediate 2	REST
2	Lowerbody Day 1	Upperbody Day 1	REST	Lowerbody Day 2	Upperbody Day 2	DB Core Intermediate 2	REST
3	Lowerbody Day 1	Upperbody Day 1	REST	Lowerbody Day 2	Upperbody Day 2	DB Core Intermediate 2	REST
4	Lowerbody Day 1	Upperbody Day 1	REST	Lowerbody Day 2	Upperbody Day 2	DB Core Intermediate 2	REST
5	Lowerbody Day 1	Upperbody Day 1	REST	Lowerbody Day 2	Upperbody Day 2	DB Core Intermediate 2	REST
6	Lowerbody Day 1	Upperbody Day 1	REST	Lowerbody Day 2	Upperbody Day 2	DB Core Intermediate 2	REST