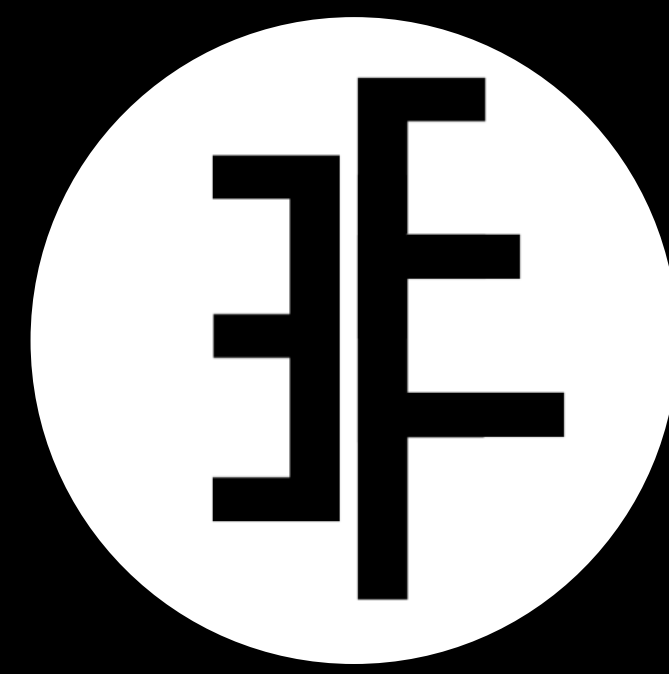


RESISTANCE BANDS



20 Minute Starter

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