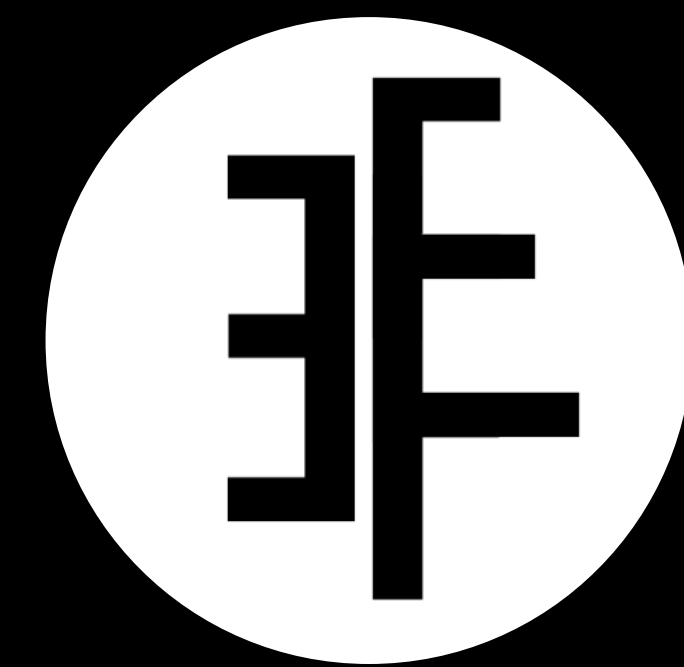


SUSPENSION TR.

20 Minute Beginner



| | | | | | | | |
|----------|------|------------|------|------|------------|------|--------------------|
| 1 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest OR Core |
| 2 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest OR Core |
| 3 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest OR Core |
| 4 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest OR Core |
| 5 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest OR Core |
| 6 | Legs | Chest/Back | Arms | Legs | Chest/Back | Arms | Rest OR Core |