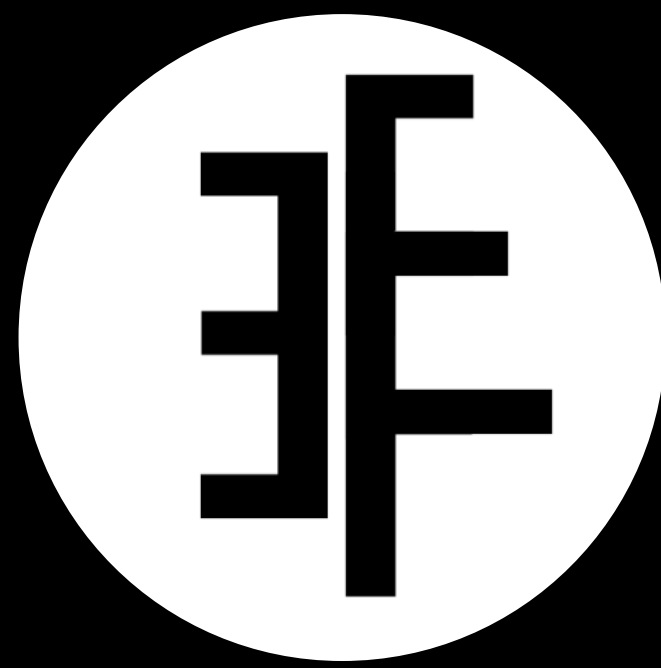


# SUSPENSION TRAINER



## Advanced - Full Body

1	Full Body #1	Core Advanced	REST	Full Body #2	Core Advanced	Full Body Stretch	REST
2	Full Body #1	Core Advanced	REST	Full Body #2	Core Advanced	Full Body Stretch	REST
3	Full Body #1	Core Advanced	REST	Full Body #2	Core Advanced	Full Body Stretch	REST
4	Full Body #1	Core Advanced	REST	Full Body #2	Core Advanced	Full Body Stretch	REST
5	Full Body #1	Core Advanced	REST	Full Body #2	Core Advanced	Full Body Stretch	REST
6	Full Body #1	Core Advanced	REST	Full Body #2	Core Advanced	Full Body Stretch	REST