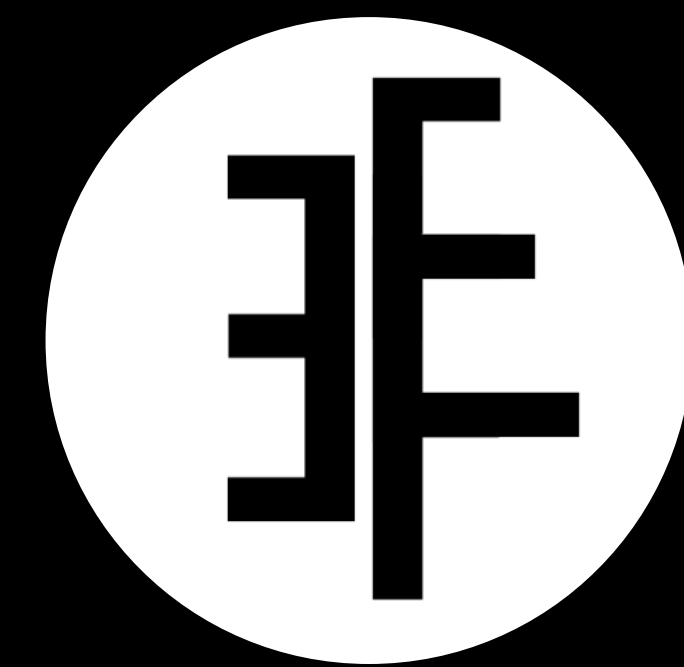


DUMBBELLS

20 Minute - Beginner



1	1.1 Legs	1.2 Chest/Back	1.3 Arms	1.4 Legs	1.5 Chest/Back	1.6 Arms	Rest OR Core
2	1.1 Legs	1.2 Chest/Back	1.3 Arms	1.4 Legs	1.5 Chest/Back	1.6 Arms	Rest OR Core
3	1.1 Legs	1.2 Chest/Back	1.3 Arms	1.4 Legs	1.5 Chest/Back	1.6 Arms	Rest OR Core
4	1.1 Legs	1.2 Chest/Back	1.3 Arms	1.4 Legs	1.5 Chest/Back	1.6 Arms	Rest OR Core
5	1.1 Legs	1.2 Chest/Back	1.3 Arms	1.4 Legs	1.5 Chest/Back	1.6 Arms	Rest OR Core
6	1.1 Legs	1.2 Chest/Back	1.3 Arms	1.4 Legs	1.5 Chest/Back	1.6 Arms	Rest OR Core