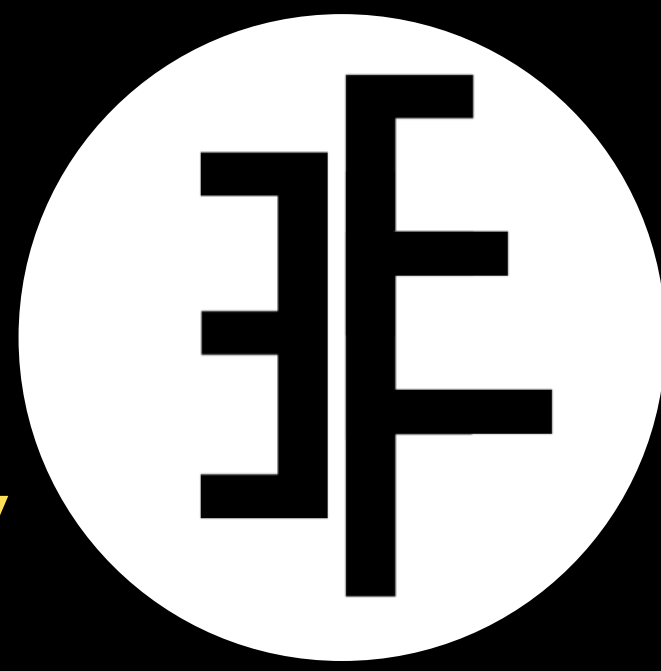


# DUMBBELLS



## Intermediate/Advanced - Full Body

1	Full Body Day 1	Core Intermediate 3	REST	Full Body Day 2	REST	DB Core Advanced 3	REST
2	Full Body Day 1	Core Intermediate 3	REST	Full Body Day 2	REST	DB Core Advanced 3	REST
3	Full Body Day 1	Core Intermediate 3	REST	Full Body Day 2	REST	DB Core Advanced 3	REST
4	Full Body Day 1	Core Intermediate 3	REST	Full Body Day 2	REST	DB Core Advanced 3	REST
5	Full Body Day 1	Core Intermediate 3	REST	Full Body Day 2	REST	DB Core Advanced 3	REST
6	Full Body Day 1	Core Intermediate 3	REST	Full Body Day 2	REST	DB Core Advanced 3	REST