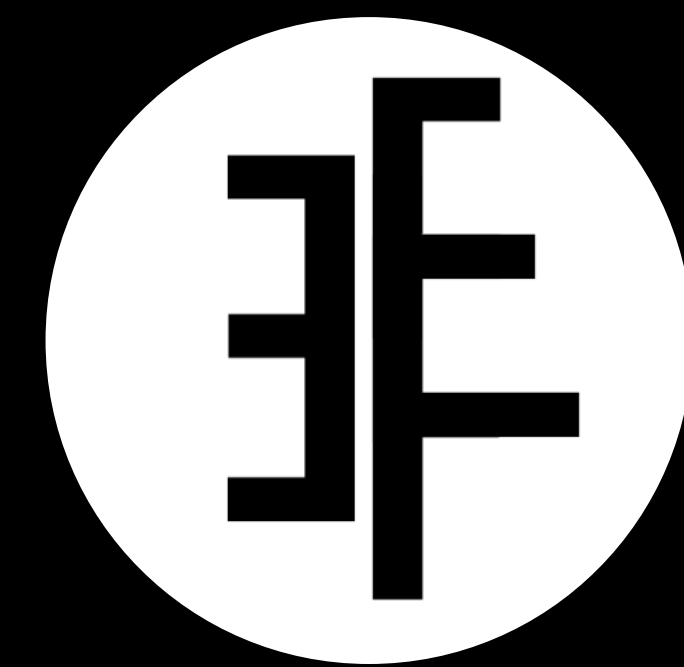


DUMBBELLS

Intermediate - Push/Pull/Legs



1	Push Day	Pull Day	Leg Day	Push Day	Pull Day	Leg Day	Rest
2	Push Day	Pull Day	Leg Day	Push Day	Pull Day	Leg Day	Rest
3	Push Day	Pull Day	Leg Day	Push Day	Pull Day	Leg Day	Rest
4	Push Day	Pull Day	Leg Day	Push Day	Pull Day	Leg Day	Rest
5	Push Day	Pull Day	Leg Day	Push Day	Pull Day	Leg Day	Rest
6	Push Day	Pull Day	Leg Day	Push Day	Pull Day	Leg Day	Rest