

SUSPENSION TR.

20 Minute Advanced



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