

DUMBBELLS



Intermediate - Upper/Lower Split

1	Upperbody Day 1	Lowerbody Day 1	Rest	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	Rest
2	Upperbody Day 1	Lowerbody Day 1	Rest	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	Rest
3	Upperbody Day 1	Lowerbody Day 1	Rest	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	Rest
4	Upperbody Day 1	Lowerbody Day 1	Rest	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	Rest
5	Upperbody Day 1	Lowerbody Day 1	Rest	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	Rest
6	Upperbody Day 1	Lowerbody Day 1	Rest	Upperbody Day 2	Lowerbody Day 2	Core Intermediate 1	Rest