

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