

# DUMBBELLS V.3

SUN	MON	TUE	WED	THU	FRI
<i>Click Date to Open Video</i>	Day 1	Day 2	Day 3	Day 4	Day 5
Rest	Day 6	Day 7	Day 8	Day 9	Day 10
Rest	Day 11	Day 12	Day 13	Day 14	Day 15



[Click Here for V1](#)

[Click Here for V2](#)

[Click Here for V3 Bonus](#)

# ***Dumbbells Only* Pt 2**

## ***Total Body***

### ***2nd Edition***

***Session***



***Session***



***Session***



***Session***



***Session***



***How to  
Burn Fat +  
Build Muscle***



# Dumbbells Only Total Body

# Pt 2



SUN	MON	TUE	WED	THU	FRI	SAT
<i>Click Date to Open Video</i> <b>Rest</b>	Day <b>1</b>	Day <b>2</b>	Day <b>3</b>	Day <b>4</b>	Day <b>5</b>	<b>Rest</b>
<b>Rest</b>	Day <b>6</b>	Day <b>7</b>	Day <b>8</b>	Day <b>9</b>	Day <b>10</b>	<b>Rest</b>
<b>Rest</b>	Day <b>11</b>	Day <b>12</b>	Day <b>13</b>	Day <b>14</b>	Day <b>15</b>	<b>Rest</b>



To change the music for each workout go to the description of that video and click the link of the version you would like to open. Music Versions do not include the closing talks with Coach Sim

# BONUS

**Air Bike D1**

**Gorilla Bow D1**

**Slam Ball D2**

**TRX RFR D1**

**TRX Begin D2**

**Dumbbells & Bench  
D2**

**Dumbbells & Bench  
D3**

