

TRX+ Dumbbells Total Body

Music Version

MON	TUE	WED	THU	FRI
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11 - Chest - Legs - Core	Day 12 - Back - Legs - Core	Day 13 - Shoulders - Legs - Core	Day 14 - Arms - Legs - Core	Day 15



*Click Date
to Open Video*

TRX+ Dumbbells Total Body

No Music

MON TUE WED THU FRI

Day **1** Day **2** Day **3** Day **4** Day **5**

Day **6** Day **7** Day **8** Day **9** Day **10**

Day **11**
- Chest
- Legs
- Core

Day **12**
- Back
- Legs
- Core

Day **13**
- Shoulders
- Legs
- Core

Day **14**
- Arms
- Legs
- Core

Day **15**



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