



Bumper Plates Only Placed Here During The Workout

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CO-ED SCHEMATICS: "ATTACK OF THE BARBELLS"

EACH STATION WILL HAVE THE FOLLOWING:

- 3 Pairs of 45's
- 2 Pairs of 25's
- 3 Pairs of 10's
- 2 Pairs of 5's
- 2 Pairs of 2.5's
- 2 Pairs Clips
- Male Barbell
- Female Barbell

