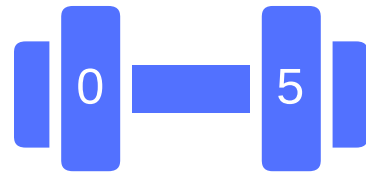


CATHE FRIEDRICH LIVE

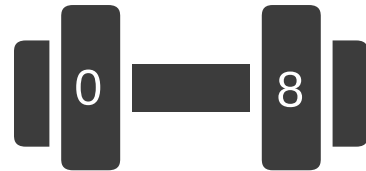
Cheat Sheet

**** DUMBBELLS REFERENCE GUIDE FOR
CATHE FRIEDRICH LIVE ROUTINES ****

Blue = 5 lbs.



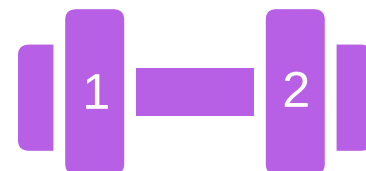
Black (small) = 8 lbs.



Orange = 10 lbs.



Purple = 12 lbs.



Black (large) = 15 lbs.

