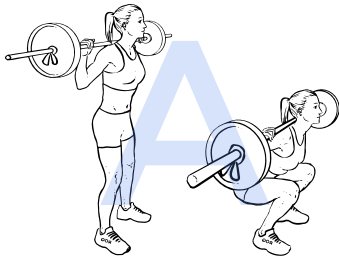


Middle Management

Abs, Back, Chest, Legs

[View online](#)

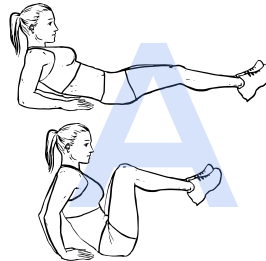
Barbell Squats



4 sets 8 reps 45 sec rest

Superset A1

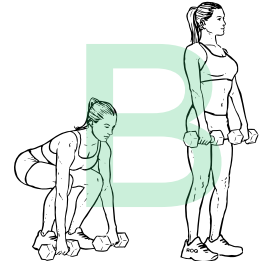
Leg Pull-In Knee-ups



4 sets 20 reps

Superset A2

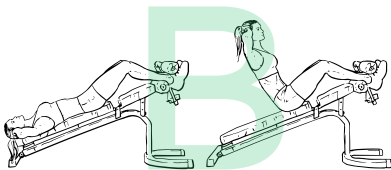
Dumbbell Deadlifts



4 sets 15 reps 45 sec rest

Superset B1

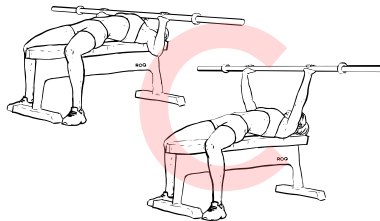
Decline Bench Crunches / Sit-ups



4 sets 20 reps

Superset B2

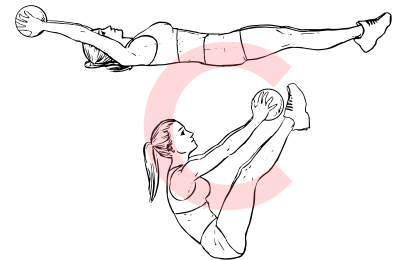
Barbell Bench Press / Chest Press



4 sets 12 reps 45 sec rest

Superset C1

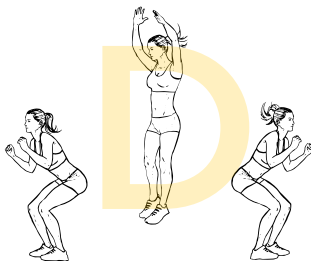
Medicine Ball V-Ups



4 sets 10 reps 10 lbs

Superset C2

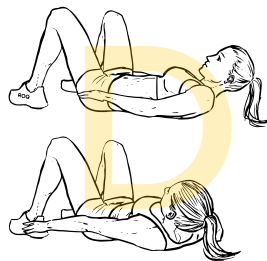
180 / Twisting Jump Squats



4 sets 20 reps

Superset D1 · 20 Total Reps

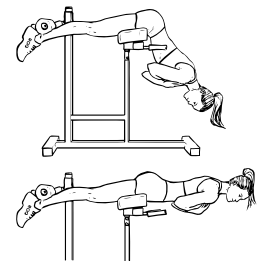
Alternate Heel Touchers / Lying Oblique Reach



4 sets 20 reps

Superset D2 · 10 per side

Back Extensions / Hyperextensions

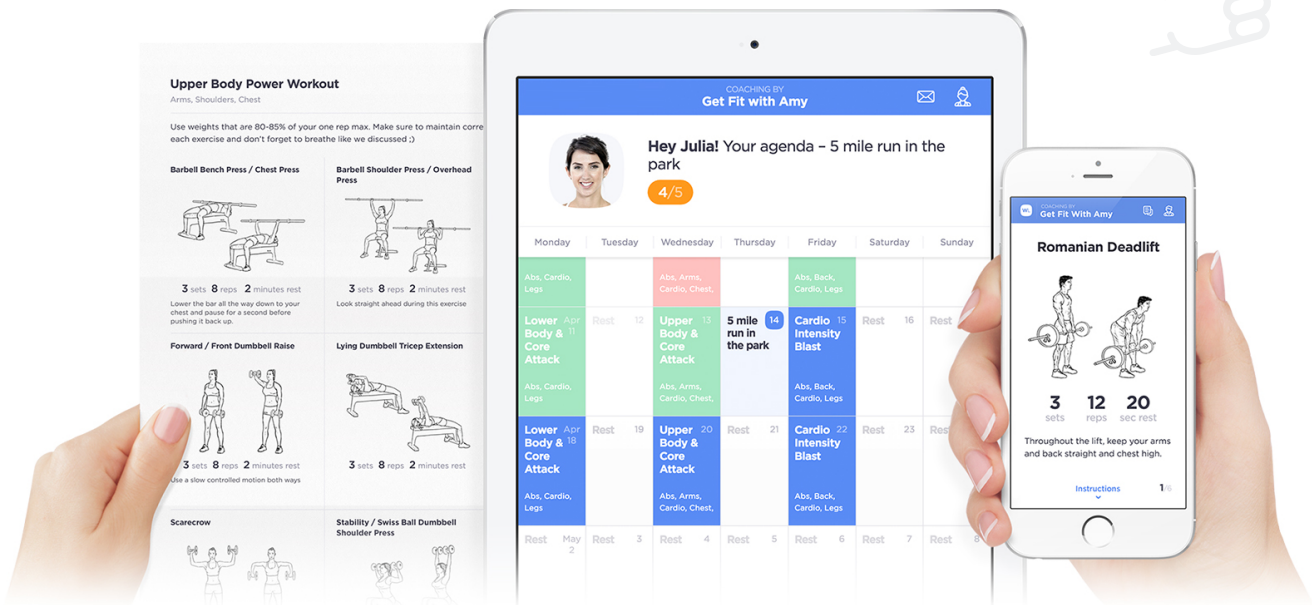


4 sets 20 reps

Catherine Ouellette



Motivated? Get in touch to discuss how we can reach your fitness goals with **simple online personal training!**



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