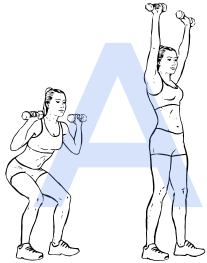


# Mini Midriff Maker

Abs, Back, Cardio, Legs, Shoulders

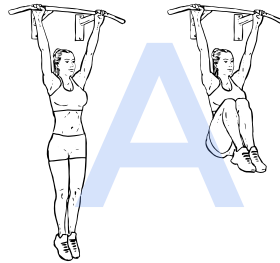
## Dumbbell Squat Thrusters / Squat to Overhead Press



3 sets 12 reps 10 lbs

Superset A1

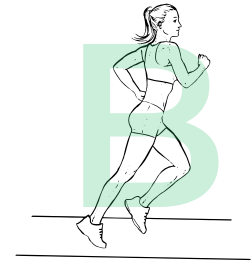
## Hanging Knee Raises



3 sets 10 reps

Superset A2

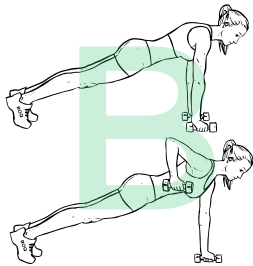
## Cardio - Running / Jogging / Treadmill



0.25 mi

Superset B1

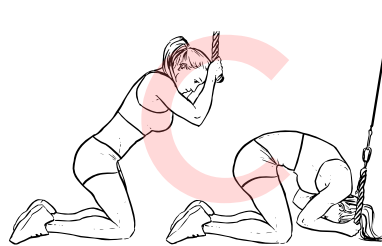
## Renegade / Alternating Plank / Commando Rows



3 sets 12 reps 10 lbs

Superset B2

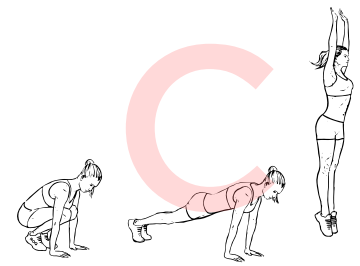
## Kneeling Cable Crunches



3 sets 15 reps 25 lbs

Superset C1

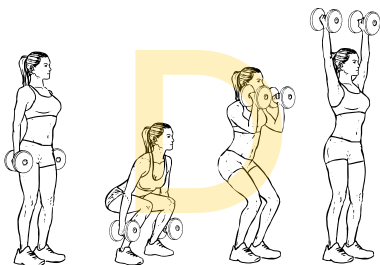
## Burpees / Squat Thrusts



3 sets 10 reps

Superset C2

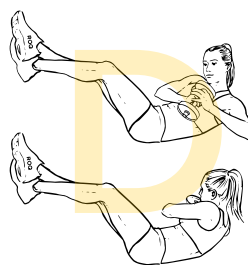
## Dumbbell Squat Clean and Press



3 sets 10 reps 10 lbs

Superset D1

## Weighted Russian / Mason Twists



3 sets 15 reps 10 lbs

Superset D2

## Cardio - Running / Jogging / Treadmill



10 min

30 seconds run, 30 seconds walk