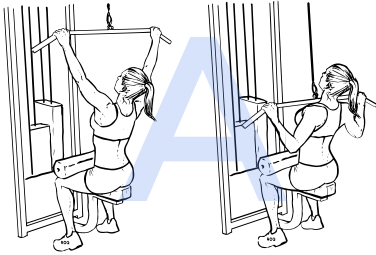


Waist Snatcher

Abs, Back, Cardio, Legs

[View online](#)

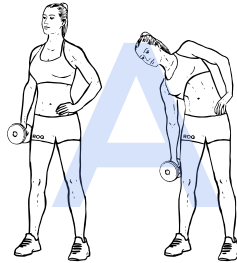
Wide-Grip Lat Pulldowns / Pull Downs / Pullovers



5 sets 12 reps 45 sec rest

Superset A1

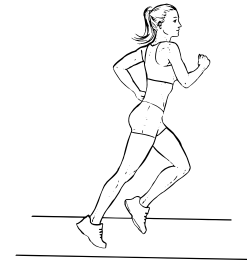
Standing Dumbbell / Kettlebell Side Bends



5 sets 20 reps 10 lbs

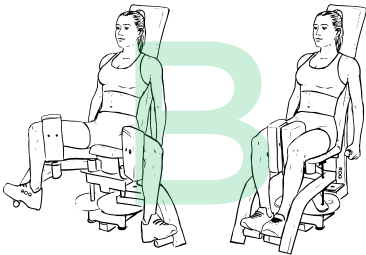
Superset A2 · 10 per side

Cardio - Running / Jogging / Treadmill



0.5 mi

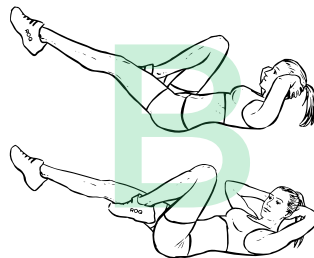
Adductor / Abductor / Adduction Inner Thigh Machine



4 sets 20 reps 45 sec rest

Superset B1

Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches



4 sets 20 reps

Superset B2 · 10 per side

Cardio - Running / Jogging / Treadmill



0.5 mi

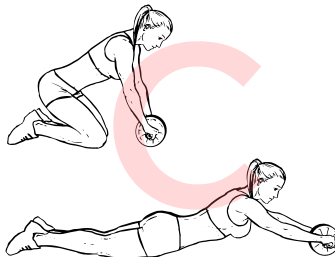
Goblet Squats



3 sets 15 reps 25 lbs

Superset C1

Ab Roller / Wheel Rollout / Kneeling Roll Extensions



3 sets 10 reps

Superset C2

Cardio - Running / Jogging / Treadmill

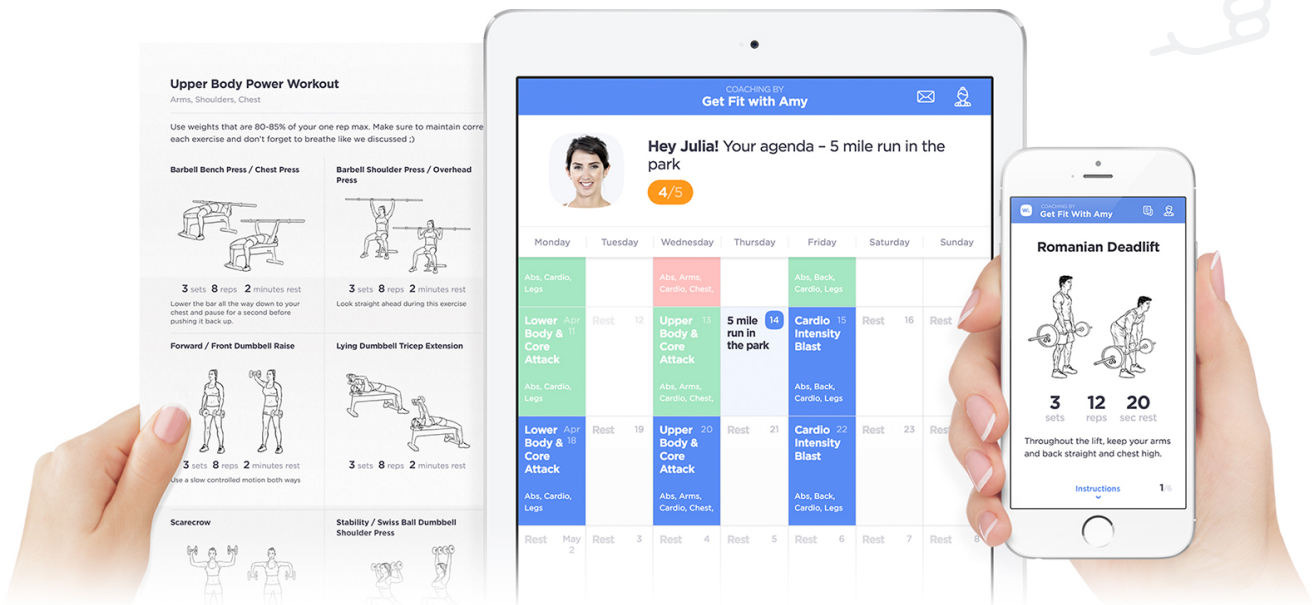


0.5 mi

Catherine Ouellette



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



catouellette7@gmail.com