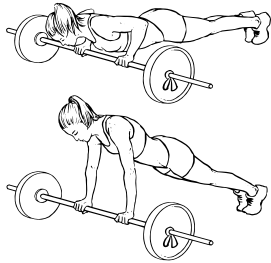


Waistline Watcher

Abs, Arms, Back, Chest, Legs, Shoulders

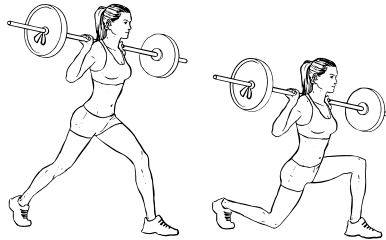
[View online](#)

Barbell Pushups / Push-ups



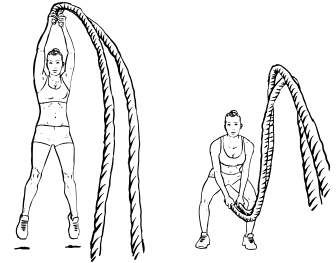
3 sets 10 reps

Barbell Split Squats



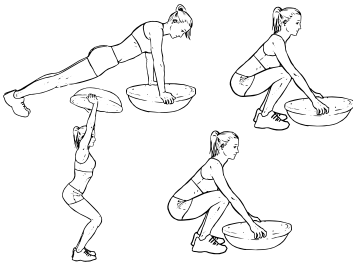
3 sets 20 reps 45 lbs
10/leg

Battle Rope Double Arm Slams



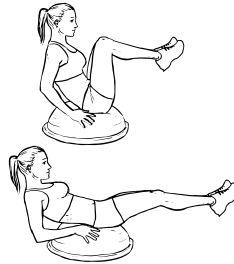
3 sets 30 secs

Bosu Ball Burpees



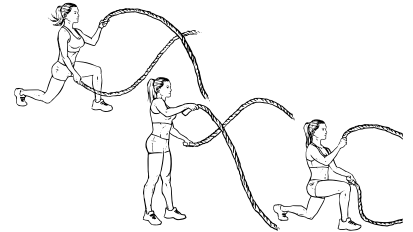
2 sets 15 reps

Bosu Ball Leg Pull-in / Knee Tucks



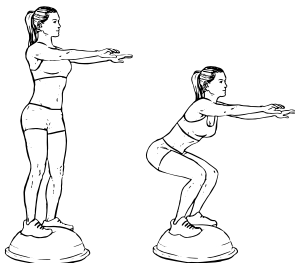
4 sets 15 reps

Battle Rope Reverse Lunges



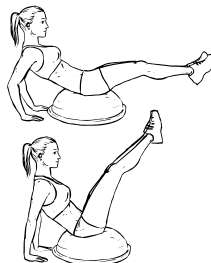
4 sets 30 secs

Bosu Ball Squats



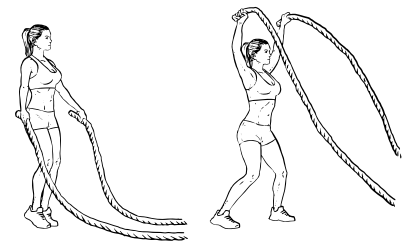
5 sets 5 reps

Bosu Ball V-ups



5 sets 12 reps

Battle Rope Jumping Jacks

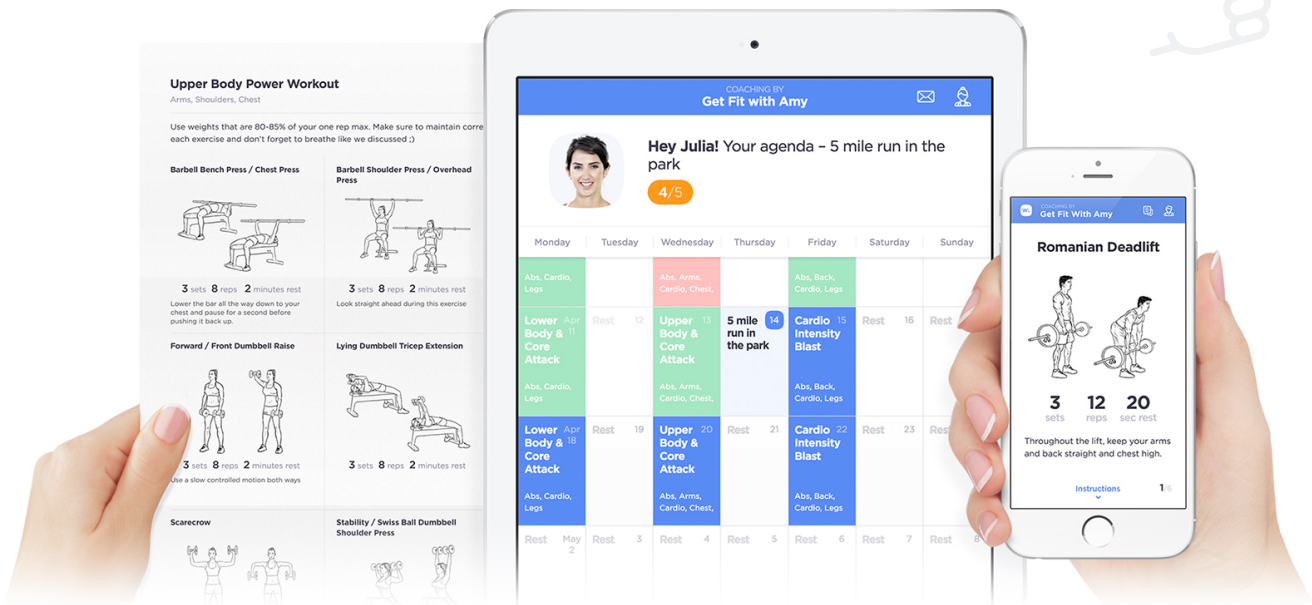


5 sets 20 secs

Catherine Ouellette



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



catouellette7@gmail.com