



# STRENGTH MOB<sup>®</sup>

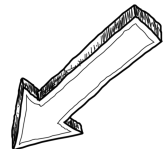
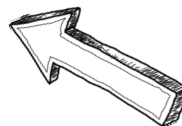
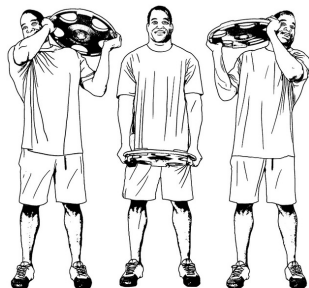
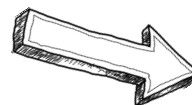


## Warm-up

- 50 toe taps
- 50 split jumps

## Circuit

- 15 prisoner lunges
- 6 dive bomber push-ups
- 8 squat cleans
- 12 shoulder curls



## Cool-down

- 3 x 20 seconds each
- straddle hollow hold
- arch swimmers

Use at your own risk and consult with a medical professional before beginning this or any exercise program.