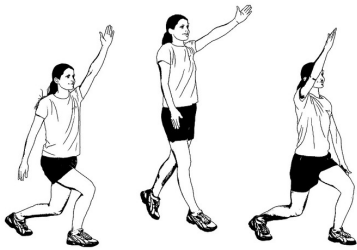




# STRENGTH MOB<sup>®</sup>

## Warm-up

5 minutes of split jacks & other hopping movements. Work depth. 30 trunk twists.



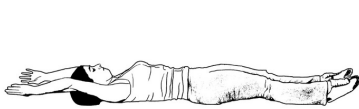
Split Jacks



Trunk Twist with Bar

## Cool-down

3 x 10  
Tuck-ups w/ 3-sec pause  
"T" push-ups



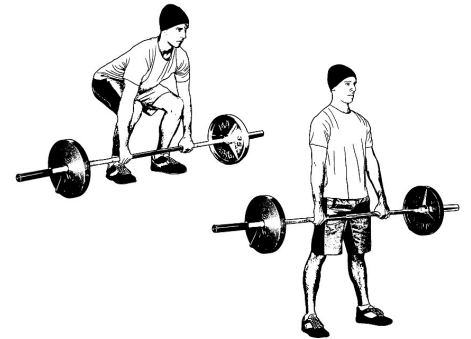
Tuck-up



"T" Push-up



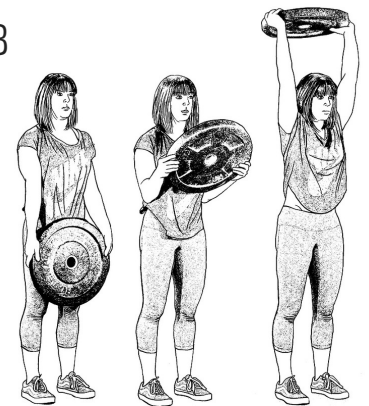
**4x**



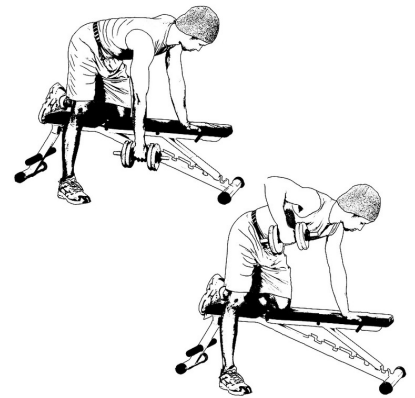
Barbell Deadlift

## Circuit

Deadlift x 5 reps  
Curl & press x 10  
Supported row x 8



Weight Plate Curl and Press



Supported Single Arm Row

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