



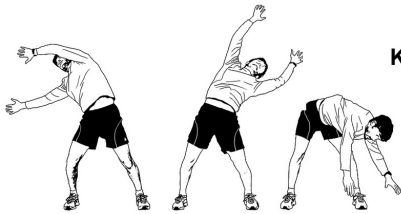
# STRENGTH MOB<sup>®</sup>

## Warm-up

75 KB swings  
20 trunk circles



Kettlebell Swing



Trunk Circles

## Cool-down

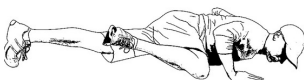
3x through  
10 V-ups  
10 Spiderman push-ups



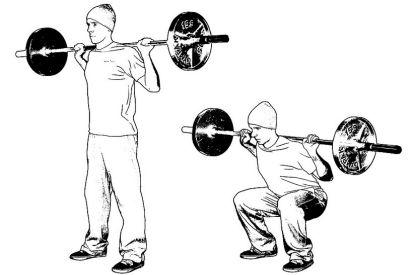
V - Up



Spiderman Push-up



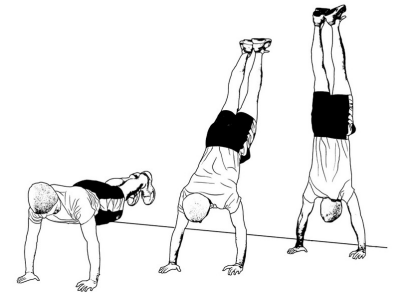
3x



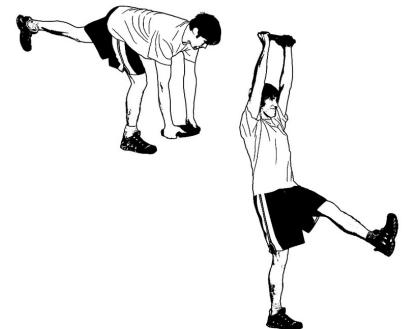
Barbell Back Squat

## Circuit

8 Pause squats\*  
5 Handstand wall walks  
6 Single leg deadlifts  
and raise



Cast Wall Walk



Single Leg Deadlift Shoulder Raise

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