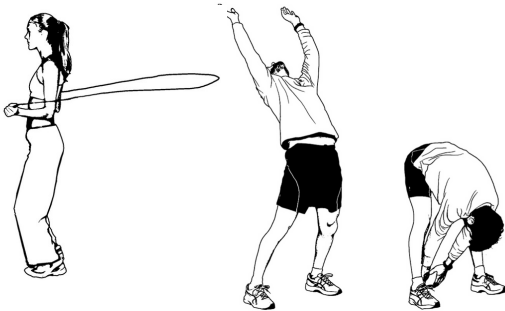


# STRENGTH MOB®

## Warm-up

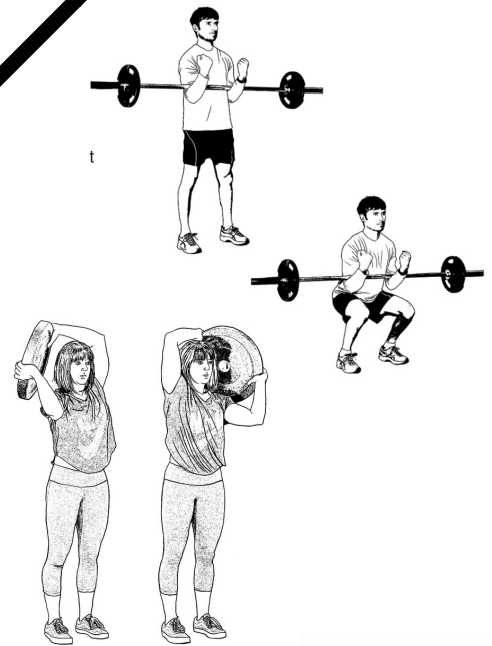
5 minutes jump rope  
25 reaching backbends



## Circuit

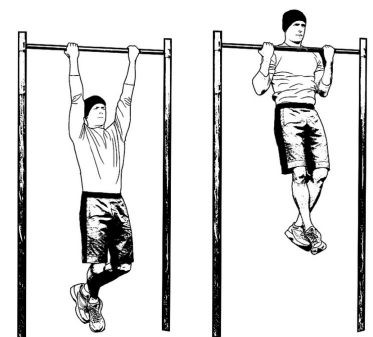
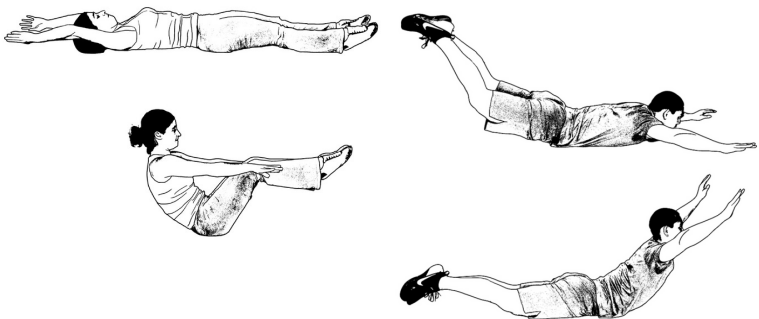
8 Zercher squats  
10 WP halos  
16 Uneven push-ups  
8 Chin-ups

**4x**



## Cool-down

3x 10  
Tuck-ups  
Arch rocks



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