



STRENGTH MOB[®]

Warm-up

5 minutes High Stepping & Twisting Jumps



Circuit

10 BB Forward Lunges
10 Preacher Curls
6 Single Arm Thrusters



Cool-down

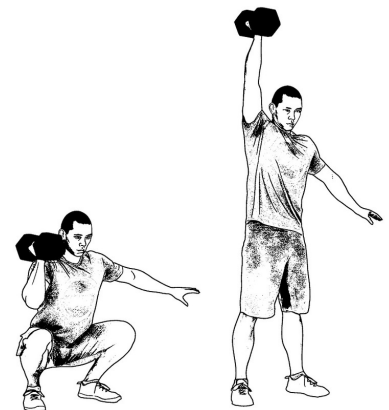
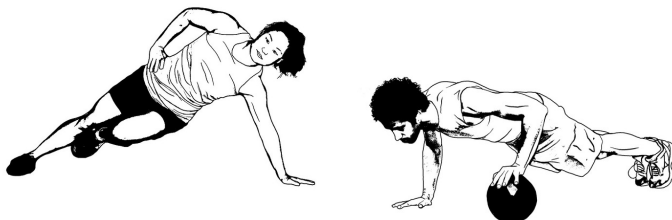
Side Plank Knee Tuck

3 x 30"

Uneven Push-ups

3 x 10

4x



Disclaimer: Use at your own risk and consult with a licensed medical provider before beginning this or any exercise program. Train smart and use appropriate progressions so you can have a long, injury-free life!