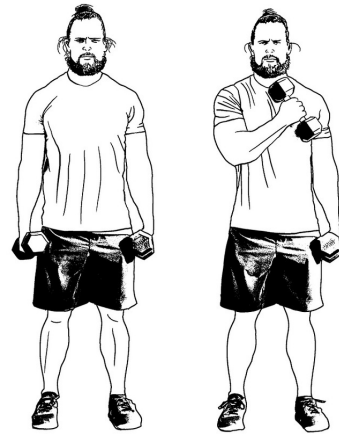
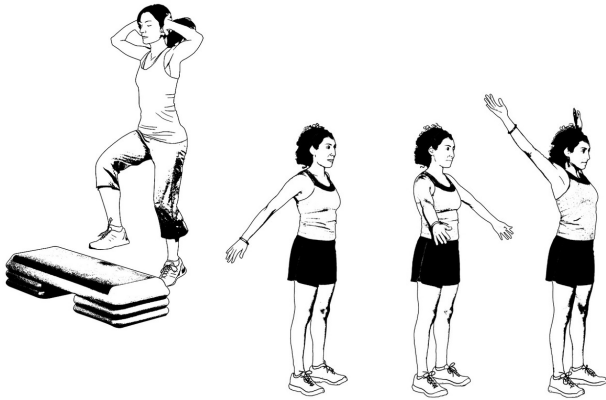




STRENGTH MOB[®]

Warm-up

5 minutes Jumping Toe Taps and Arm Circles

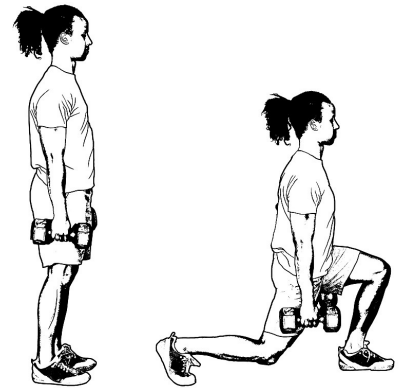


Circuit

12 Cross Curls

16 DB Lunges

10 Reverse Flies

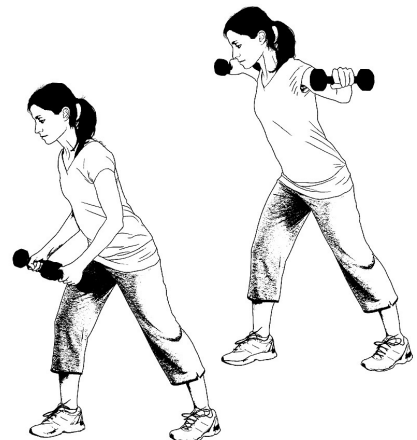
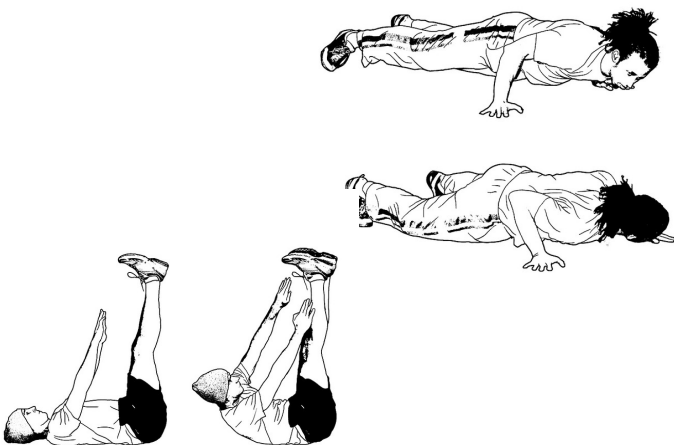


4x

Cool-down

20 Side-to-side Push-ups

50 Twisting Toe-touch Crunches



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