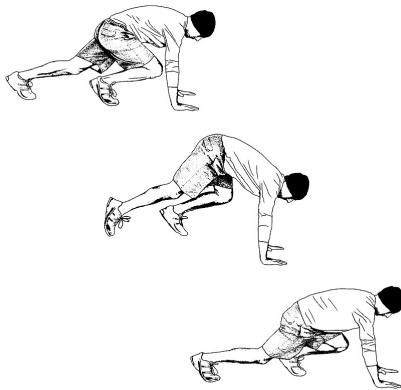




STRENGTH MOB[®]

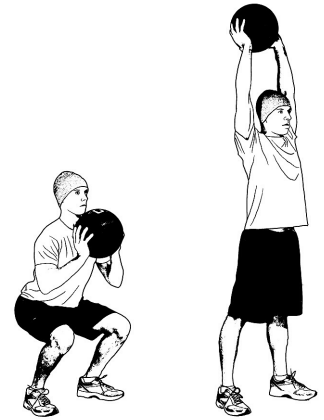
Warm-up

4 x 20
mountain climbers



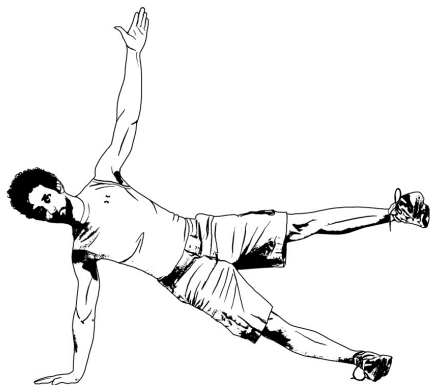
Circuit

12 thrusters*
12 bent-over rows*
20 front rack lunges*
*substitute a backpack
loaded with weight

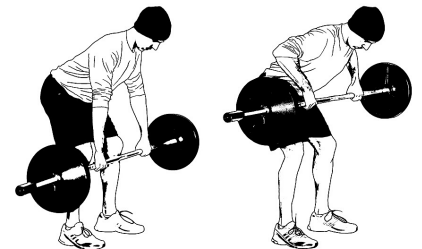


Cool-down

3 x 10" side plank leg raise*
*each side



4x



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