

# **STRENGTH MOB**®



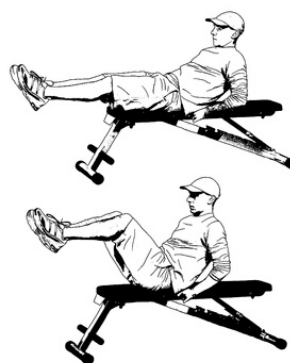
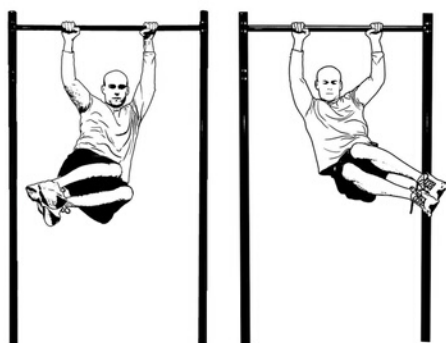
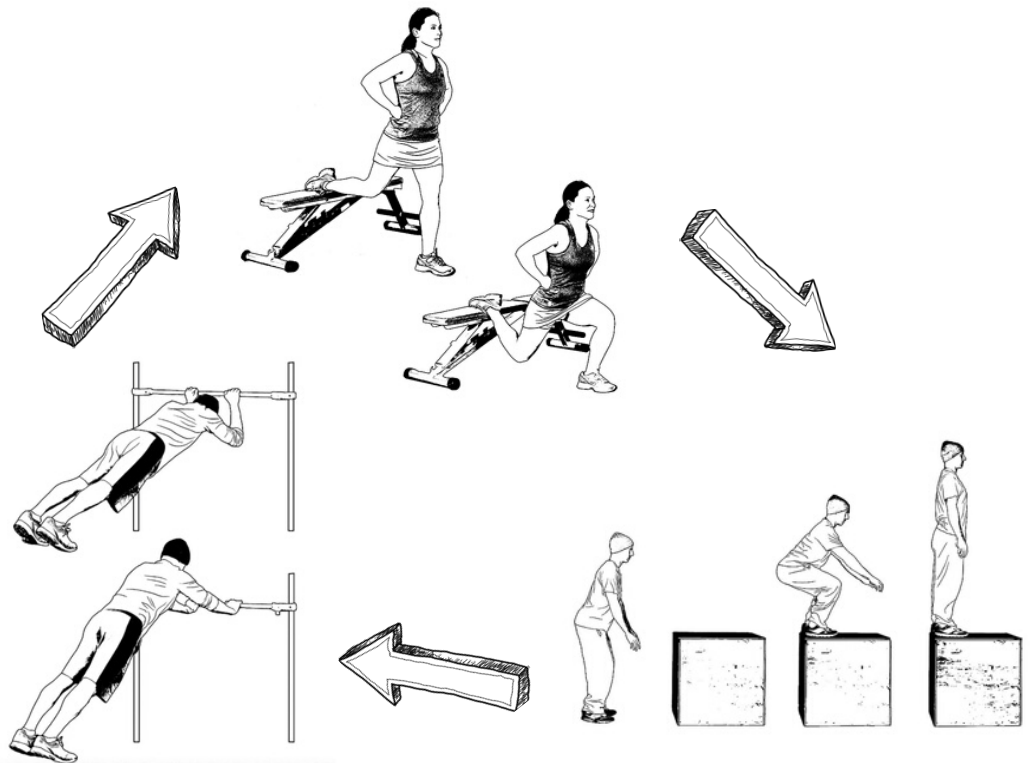
## Warm-up

80 Butt Kicks  
30 Knee Bends

## Circuit

10 Bulgarian Split Squats  
10 Box Jumps  
10 Bodyweight Skull Crushers

**4x**



## Cool-down

3 x 10  
Hanging Trunk Twists  
Bench Crunches

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