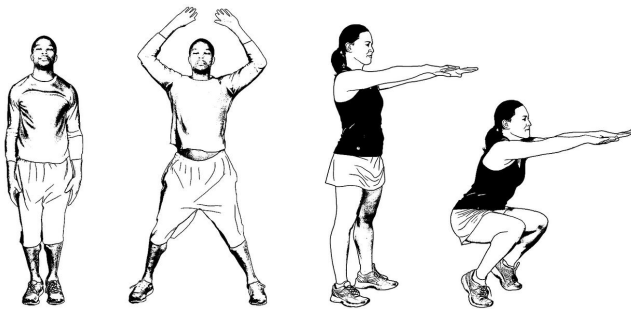




STRENGTH MOB[®]

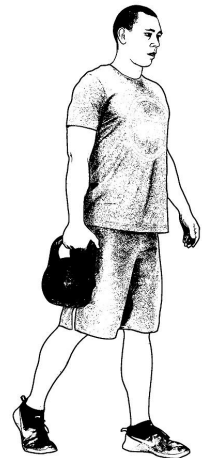
Warm-up

100 Jumping Jacks
50 Tip Toe Squats

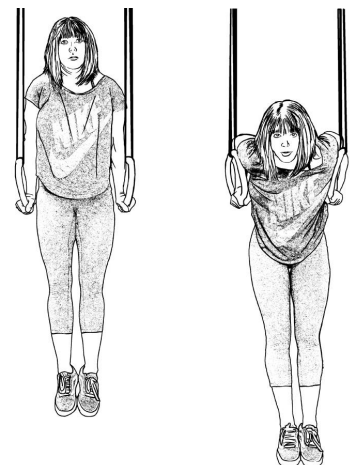


Circuit

25 Kettlebell Swings
Suitcase Carries 2 x 25'
8 Ring Dips

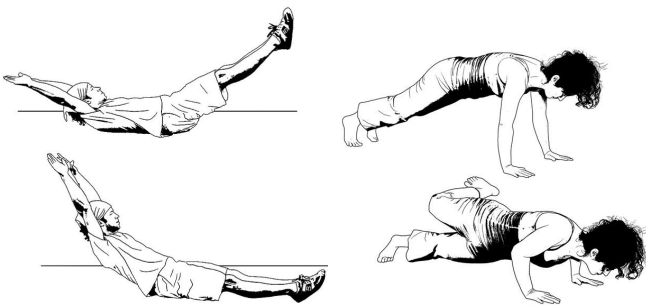


4x



Cool-down

3x through
15 Hollow Rocks
12 Scorpion Push-ups



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