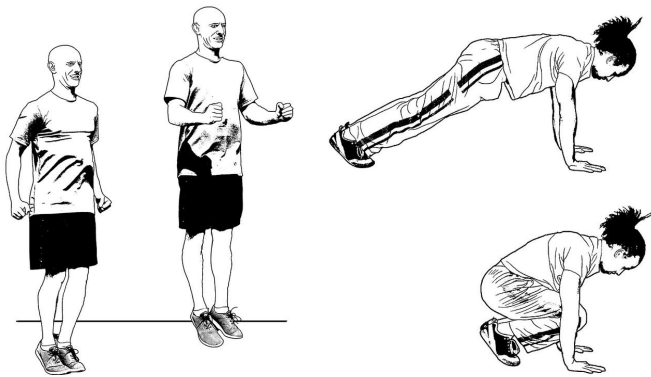




STRENGTH MOB[®]

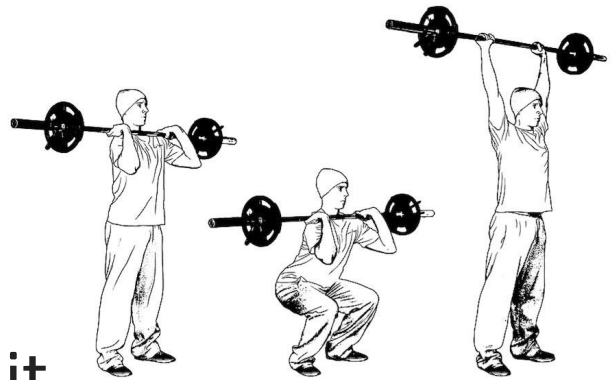
Warm-up

100 Ankle Hops
50 Knee Tucks



Circuit

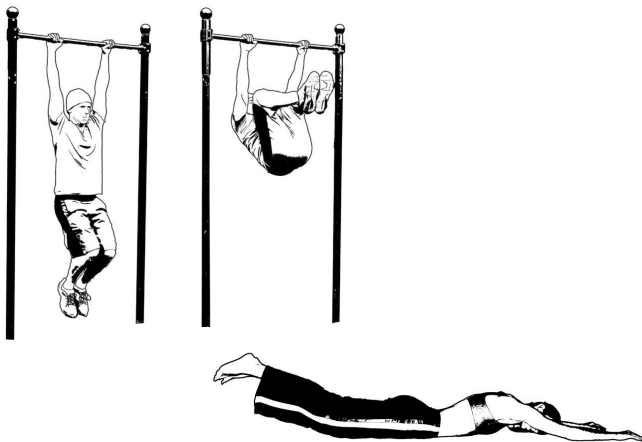
10 Thrusters
16 Resisted Split Jumps
6 Concentration Curls



3x

Cool-down

3x through
16 Knees-to-Elbows
Prone Leg Extension x 20"



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