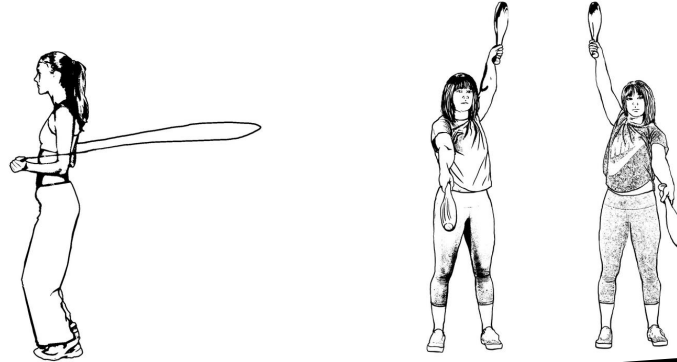




STRENGTH MOB[®]

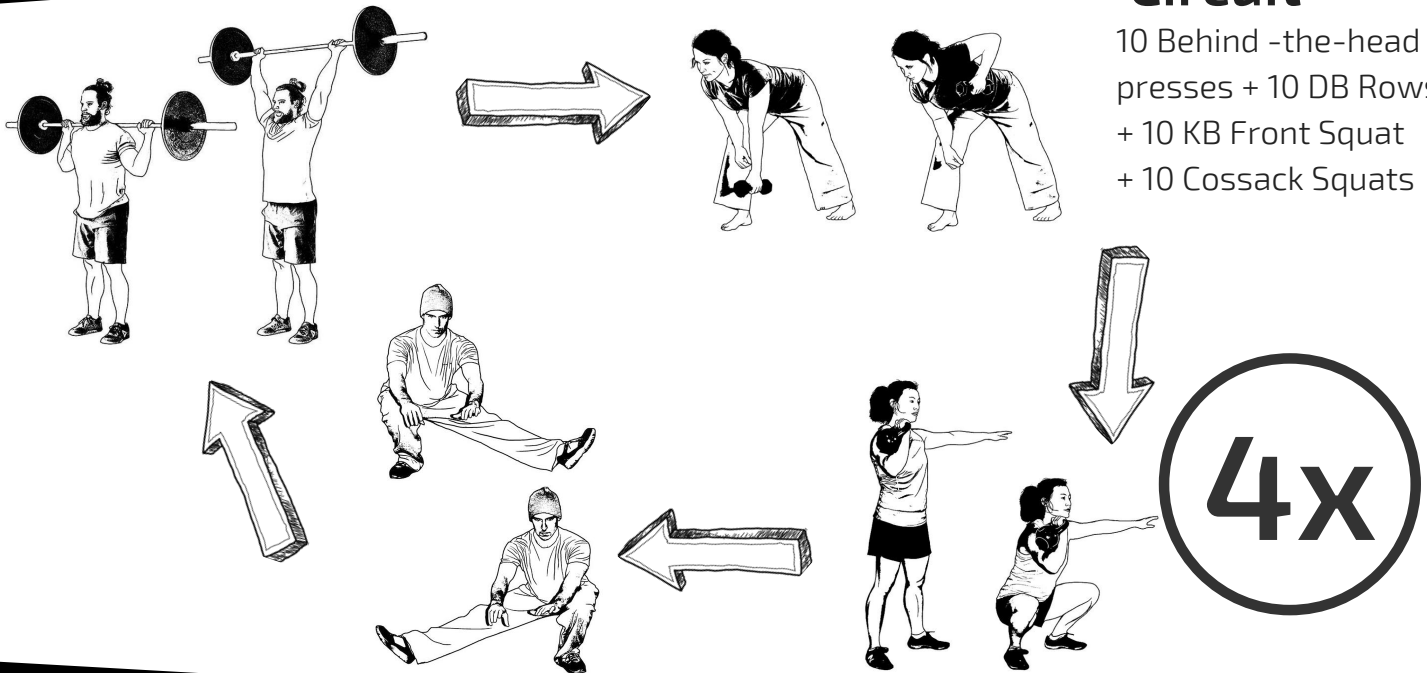
Warm-up

- 100 Jump Ropes
- 50 Indian Club Back Strokes



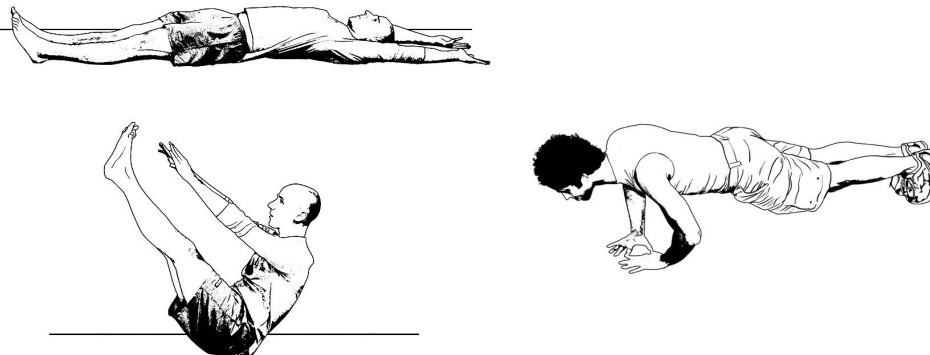
Circuit

- 10 Behind -the-head presses + 10 DB Rows
- + 10 KB Front Squat
- + 10 Cossack Squats



Cool-down

- 3 x 10 V-ups
- Diamond Push-ups



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