

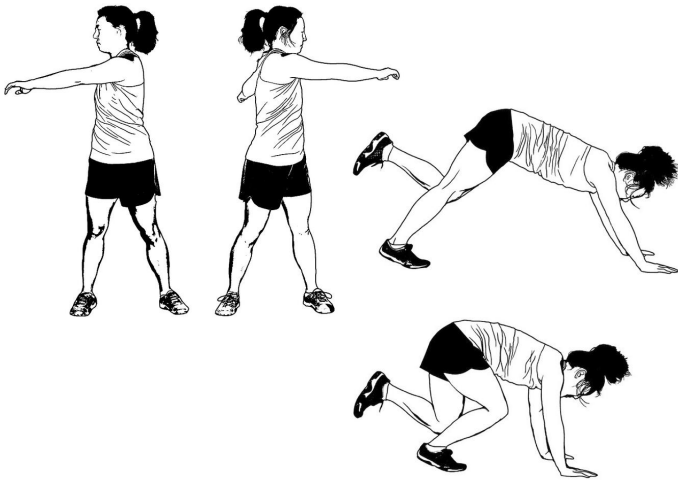


STRENGTH MOB®

Warm-up

75 Trunk Twists

50 Single Leg Mountain Climbers



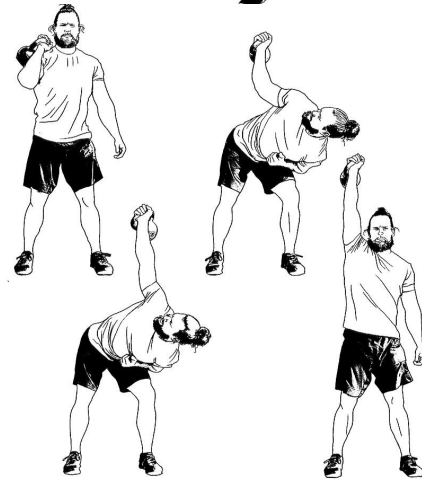
Circuit

12 Med Ball Cleans

5 KB Bent Presses

5 KB Reverse Lunge & Chops

5 Jackknife Push-ups



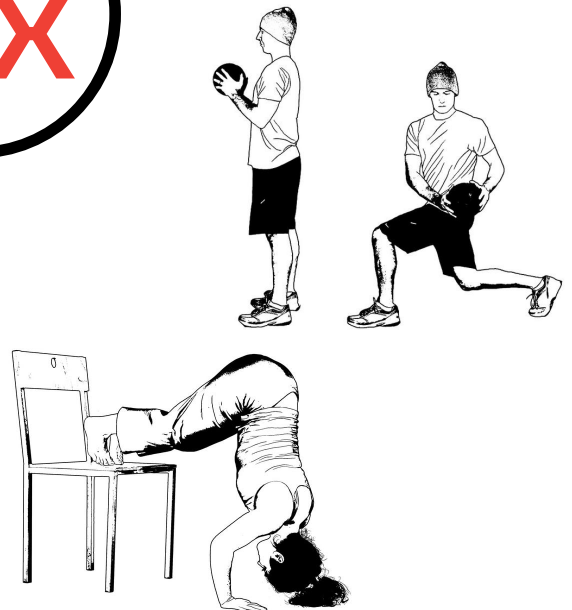
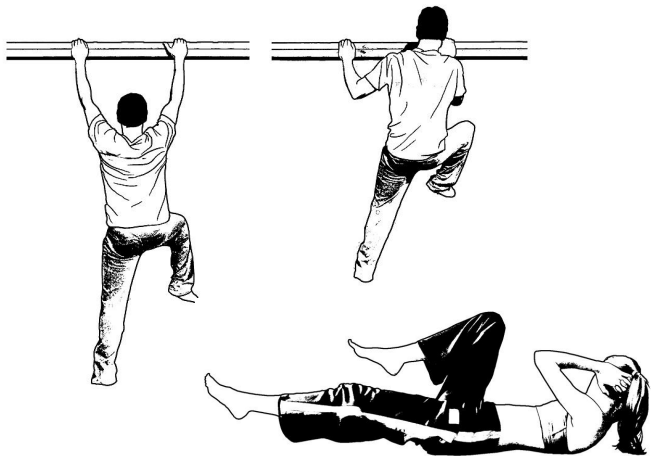
Cool-down

3X

6 Spiderman Pull-ups

25 Bicycle Crunches

4x



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